

Study Skills Elective Outline 2022-2023

Week #	Topic/Main Idea
1	<p>Introduction to class, complete Chapter 1 with students “how are you smart?” Pages 2-9 Make copies for students of pages 4 & 5, have them independently score themselves Discuss the different types of strength areas and career associated with them</p>
2 & 3	<p>Review the different careers associated with their strengths and complete a round of four corners (to see more similarities with their classmates) Chapter 2 pages 11-19 Show either video Jar Of Life - Put IMPORTANT Things FIRST! or 7 Big Rocks Productivity BigRocks Time Management You can design your life St... when discussing page 15 Have students discuss and work in groups on pages 18 and 19 (if they want to work alone they can)</p>
4	<p>Chapter 3 pages 20-24 Discuss goals and SMART goals. Ask students what goals they have made in their other classes and if there is a personal goal outside of school they may want to create and work on (for example waking up on their own using an alarm rather than their parent)</p>
5 & 6	<p>Chapter 4 pages 26-34 Make sure all students have an agenda (seek extras from the office) Discuss the strategies students already use the planner for, homework, due dates, tests, etc. and what is successful for them. Create a brainstorm. Have students partner up and show their classmates ways that their planners help them manage time. Show students ways to make a schedule including time for sports, homework, relaxing, and meals</p>
7	<p>Chapter 5 pages 88-46 Ask students how they organize their folders, binders, notebooks, lockers, etc. Write down some commonalities amongst the group. Demonstrate what a S.O.A.R binder is and how it can be useful. Encourage students to try this method in a class without a system already in place. Discuss how this method can be adapted for folders and notebooks.</p>
8	<p>Chapter 6 pages 47-53 Ask students where they are the least organized Have groups pick an area to come up with ideas to organize that space Have each group present their ideas to the class throughout the week and show photos if they tried it at home or school!</p>
9	<p>Chapter 7 pages 54-56 Ask students if they have a routine or if they always feel rushed Discuss ways to build a routine and work in other habits to be more successful Have students come up with ways to maximize their “free” time in school and at home</p>

10	<p>Chapter 8 pages 60-66</p> <p>Discuss with students how they feel asking their teachers questions, it can be content specific or just general</p> <p>Have students discuss ways they handle being frustrated when a teacher can't answer their questions right away or they are struggling with the material and don't want to ask for help</p> <p>Provide students some ideas on how to manage these emotions</p> <p>Discuss the T-Zone in a classroom and where a beneficial seat may be for them in the class and how to appropriately request to have them seated there.</p>
11	<p>Chapter 9 pages 67-70</p> <p>Have students complete the activity on page 67 (they will need the workbooks)</p> <p>Ask how many students enjoy reading and can recall the information given</p> <p>Have students discuss strategies that work for them when reading a text they aren't interested in</p>
12 & 13	<p>Chapter 10 pages 71-82</p> <p>Writing papers</p> <p>Have them work on a paper relating to a career they would be suited for based on week 1</p> <p>Encourage them to meet with you and work through feedback</p> <p>Have them create their research folder outlined in the text</p>
14	<p>Chapter 11 pages 83-91</p> <p>Students will review note taking strategies such as Cornell, brain mapping, etc.</p> <p>Students can discuss helpful tips for their personal note taking or tips they have learned from teachers. Discuss how different note taking strategies can be beneficial for different classes.</p>
15	<p>Chapter 12 pages 92-101</p> <p>Have students write down everything they feel when they hear they have a test in their classes</p> <p>Discuss with students the different feelings and some strategies to overcome the anxieties that come up</p> <p>Have them take the test on pages 93-94. Go over the answers on the following pages</p> <p>Cover some test taking advice and tips</p>
16	<p>Chapter 13 pages 106-109</p> <p>How to keep track of their grades using genesis and a student log - in</p> <p>Students can also ask their teacher for missing work printouts each week if they have any</p> <p>Students can keep a test tracker to record their test scores to determine their test average</p>
17	<p>Chapter 14 pages 110-113</p> <p>Monitoring your goals, have them check in on their progress for their goals that they set</p> <p>Have them work on the chart on page 113 to ensure they set time to work on their goals</p> <p>Discuss ways to make goals and lists of tasks to accomplish their goals</p>
18	<p>Chapter 15 pages 114-115</p> <p>Acknowledge success and improvements students have had. Introduce the project for the following week. Take any questions they still have or a skill they want to improve.</p>
19 & 20	<p>Have students create a powerpoint summary of skills and knowledge they learned in the class and present to their classmates. Have them show a reflection on their habits, skills, and emotions.</p>