

## *Academic Achievement*



**Standard:** Academic Self-Management For Life Long Learning

**Competency:** 1.4 Develop effective study skills.

**Lesson Topic:** Study Habits

**Grade Level:** 6-8

**Length:** 1 class period

### **Materials:**

Good and Poor Study Habits worksheet.

### **Evaluation:**

Students will identify their good and poor study habits and write a plan to improve their weak areas.

### **Procedure**

1. Ask students to think about previous grades they have made and their current grades. What grades need to be improved? Usually we can link poor grades to poor study habits.
2. Ask each student to evaluate themselves on the Good and Poor Study Habits worksheet.
3. Afterwards, have them write a plan for how to improve on the areas that need it.
4. A class discussion can follow for students to share their plans for improvement.