

## Lesson Plan for Study Skills Overview

### Targets:

- Students understand the importance of goal setting.
- Students understand the importance of study skills.
- Students draw conclusions about the relationship between “7 Habits” and study skills.
- Students seek out their best work.

### Materials Needed:

- Study Skills Inventory – one for each student; located at <http://www.bluegrass.kctcs.edu/LCC/StudySkills/handouts/StudySkillsInventory.pdf>
- Goal Setting Worksheets (one for each student, depending on the teacher's wishes)
- SCANS Skills and Competencies (one for each student)

**Time:** Multi-day

### Procedure:

**Step One:** Ask the students questions about their study habits – start a discussion that will lead the students to list study skills.

Some suggested questions: “What makes you a successful student?” “What makes learning difficult for you?” “What does it look like when you do your homework?” “What does it look like when you study for a test?” “What skills do you have that make doing your homework or studying for tests easier?”

**Step Two:** As your discussion wraps up, remind the students that high school can be and should be more challenging than junior high.

Have students list, on their own paper, two things that were challenging at the junior high and two things that they found easy or were comfortable with – this may have to do with their studies, but can go beyond that. Have them share those four items with someone near them.

**Step Three:** Bring the group back together and predict what will be challenging for them at the high school. They can share out or share with their partner. Here is an opportunity for you to remind the students that they have a “clean slate” here – essentially. We are going to spend time the first trimester of their high school experience giving them specific tools to handle the new challenges and they can decide to make their experience here better than they had ever planned.

**Step Four:** Remember the 7 Habits of Highly Effective Teens? (They were exposed to these in their advisory class at the junior high.)

#### **Habit 1: Be Proactive®**

*Take responsibility for your life.*

#### **Habit 2: Begin with the End in Mind®**

*Define your mission and goals in life.*

#### **Habit 3: Put First Things First®**

*Prioritize and do the most important things first.*

#### **Habit 4: Think Win-Win®**

*Have an “everyone-can-win” attitude.*

#### **Habit 5: Seek First to Understand, Then to Be Understood®**

*Listen to people sincerely.*

#### **Habit 6: Synergize®**

*Work together to achieve more.*

#### **Habit 7: Sharpen the Saw®**

*Renew yourself regularly.*