

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.

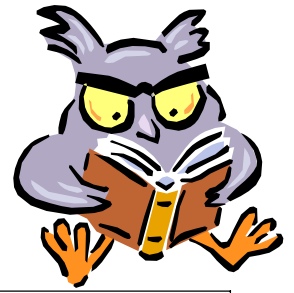
Evaluation:

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.

GOOD AND POOR STUDY HABITS



Identify each of the following study habits as being Good or poor. Then in the appropriate column, write "always," "sometimes," or "never" to indicate how often you practice each habit.

GOOD HABITS	POOR HABITS	STUDY HABITS
		1. Take notes in class
		2. Take notes when you read assignments.
		3. Study in a cluttered area.
		4. Follow directions.
		5. Gather all the supplies you need before you start to study.
		6. Study in an area where you will be distracted.
		7. Set priorities for your time
		8. Put off big assignments until the last day.
		9. Do all your studying the night before a test.
		10. Work in an area that is quiet and relaxing.
		11. Study and review the easy parts first.
		12. Do what must be done first.
		13. Study the tough parts last.
		14. Try to do two activities at the same time.
		15. Study when you are rested.
		16. Take a few moments after you study to think about what you studied.
		17. Study while watching TV.
		18. Do a little each day on big assignments that are due in a week or more.