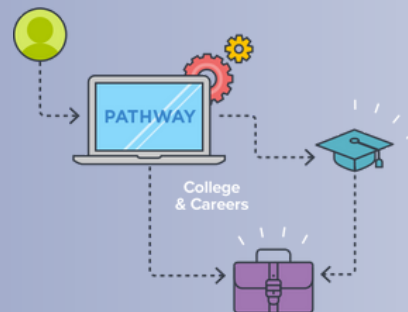


Developing My Study Skills



Grade Level:



6

Domain:



Academic Skills

TIME:



45 Minutes

This lesson is designed to help students identify skills and habits needed to be successful in school.

Objectives

Students will:

1. Evaluate their current study habits.
2. Learn strategies to improve study skills.
3. Make a plan to improve their study habits for academic success.

MEFA Pathway Activities

- My Journal
- My Goals

Materials Needed

- Internet connection

Vocabulary

- Organization
- Prioritization
- Perseverance
- Motivation

Future Ready Skills

- Time-Management
- Organization
- Self-Management

PART 1

CONTENT KNOWLEDGE



Lead a class discussion on the difference between a skill and a habit. A habit is an action done on a regular basis. A skill is the capacity to do something well.

Divide students into small groups. Ask students to make a list of the ways they prepare for a test in the week leading up to it. Remember, this list should be true to what students do during the full week leading up to a test. Once groups have finished creating their list, encourage them to share one or two items from the list with the class.

Some examples may include:

- Completing assigned homework
- Reading
- Writing
- Practicing vocabulary
- Hanging out with friends

Now, ask students to think about what they should do to prepare for a test. Give students 5–10 minutes to create a list. Allow a couple of groups to share examples. Create a list for the entire class.

PART 2

APPLYING INFORMATION

Have students reflect on a recent school assignment and evaluate their study habits leading up to the assignment. What are some things they could have done better to prepare themselves for the assignment?

Instruct students to log in to MEFA Pathway and click on the pen icon in the lower right corner and create a journal entry in their **My Journal** reflecting on their current study habits. *What do they do well currently? How can they improve?*

PART 3

EVALUATING INFORMATION

Have students click on *My Goals* under the *Self-Discovery* tab in MEFA Pathway. Instruct students to create a new academic goal by clicking on *ADD GOAL* in the *ACADEMIC* section focusing on improving their study skills. They should add at least three strategies they learned during the group discussion to their goal. Have students save this goal and revisit it before their next big assignment to track their goal progress.

GRADING RUBRIC FOR JOURNAL ENTRIES

CATEGORY	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
	4	3	2	1
Description	Offers a vivid, detailed, and insightful description of the experience, setting the stage for deeper reflection.	Provides a clear and detailed account of the experience, including relevant details.	Clearly describes the experience, event, or learning.	Offers a limited description of the experience.
Analysis	Engages in critical thinking, questioning assumptions, and demonstrating a thorough understanding of the learning.	Connects the experience to personal learning and raises some insightful questions.	Attempts to analyze the experience but may lack depth or clarity.	Superficial analysis, lacking deeper thought.
Future Application	Formulates clear, actionable plans for utilizing new insights and knowledge in future learning and experiences	Identifies specific ways to apply the learning to future situations or goals.	Suggests some possible connections to future learning or practice.	Makes no clear connection to future learning/action.