



## LESSON 3.9 My Plan for Studying - Pt. I

### Module #3: Making the Grade

Academically, the ninth grade year often defines a student's entire high school experience. Therefore, it is imperative that all freshmen get off to a great start with their academic work. This can be accomplished through the teaching of study skills, note taking skills, and learning styles and through an increased awareness of resources available to build academic success.

### Enduring Understandings

- I. **Academic success in high school requires a toolbox equipped with skills and strategies to use in navigating the completion of academic coursework.**
- II. Knowing about, understanding, and using the many academic resources available will increase the likelihood of a successful high school experience.

### Essential Questions

- I. What are habits of mind and how will they help me? (I)
- II. **What can I do to ensure my academic success in high school? (I)**
- III. What resources does my high school have available to help build my academic success? (II)

### Lesson Objective(s)

Students will recognize the importance of good study skills and learn strategies/techniques for studying.

Lesson 3.7

Lesson 3.8

**Lesson 3.9**

Lesson 3.10

Lesson 3.11

### Directions:

1. Hopefully your freshmen have remembered the study skills and strategies you shared in Lesson 3.5. In today's lesson, we want to build upon these strategies and help students create their own "study plan."
2. Distribute copies of the "Tips for Developing Effective Study Skills" handout (See handout below). Go over the tips with freshmen. You may consider doing this in small groups led by student leaders. As you read through the tips, ask the following: Compare how you study at home to the suggestions made in the reading selection: What do you already do? What areas could you improve? What strategies would you like to try?
3. Tell your students to use the suggestions from student leaders in combination with these tips to begin creating their own "Individual Study Plan." (See template below).
4. Students should use the remaining time to begin creating their plans.

### Materials & Supplies

- Copies of the "Tips for Developing Effective Study Skills"
- Copies of the "individual Study Plan" template

FOCUS  
POINT

Every good effort needs a great plan. Sometimes just putting something in writing makes it stick a little more. Hopefully, by making freshmen both write and verbalize their "study" plans – they'll be more likely to try out some of these great strategies.

- There are many good books in the market aimed at teenagers that can be a great enhancement to this module.
- Two texts we suggest:
  - *7 Habits of Highly Effective Teens* - Sean Covey
  - *Seven Secrets of How to Study* - Stephen Jones

resources  
&  
extension



## Tips for Developing Effective Study Skills

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- ✓ Find a “study place” for yourself. This will be the place that you always go when you want to do some serious studying – no distractions, no cell phone, no television, no computer. When you’re here, you’re focused and ready to get down to work!
- ✓ Make a plan each time you prepare to study. “I plan to read two chapters.” “I plan to memorize five new terms.” “I plan to summarize a week’s worth of notes.” If you set a goal for yourself each time you study, it will seem much more manageable and you’ll be more likely to get it done.
- ✓ If you start to lose your focus – Stop! Stand up, walk around, look away from your book and/or your notes. If you don’t do this, the daydreaming may take over and last for who knows how long. The physical act of getting up and getting away from the text will help break the “distraction cycle” and allow you to get yourself back on track.
- ✓ Set aside a certain time each day to begin studying. No matter what else is going on, this is the time you go to your study place and get to work. It’ll also make it easier to say no to the text message or the Wii – because you’ll have yourself trained – “This is my time to study!”
- ✓ When you know your study time is approaching, don’t get involved in long discussions or start a job you can’t finish then. Be intentional about not giving yourself any excuse not to make your designated study time.
- ✓ Keep a “to do” list close by. Often times, when we study, we can get distracted by thinking about the things we need to do - -that have nothing to do with studying. If you have a “to do” list handy, you can just jot these thoughts down as they come to your head, and hopefully, not lose too much focus for too long.
- ✓ Relax. Dress comfortably. Have relaxing music playing you (if this doesn’t distract you.). Have a comfortable chair to sit in. You need to be comfortable to make the most of your studying.

**My Individual Study Plan**

Name \_\_\_\_\_ Date \_\_\_\_\_

I will employ the following ten strategies when I study:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

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