



How to be a successful student & Life outside of academics

The goal of this lesson is to have a meaningful discussion about school success.

A. Objectives

Objectives of learning	
Basic objectives to be achieved by the students	The students <ul style="list-style-type: none">- Will be able to understand what it takes to be successful as a high school student- Will be able to gain study habit tips
Additional objectives	The students <ul style="list-style-type: none">- Will be able to understand the importance of involvement outside of the classroom

B: Advisor Needs for the Lesson

Time	30 minutes
Materials for Advisor	<ol style="list-style-type: none">1. School Success/Study Skills Survey2. Personal Study Habits Review3. Life Outside of Academics
Materials for Students	1 copy each of #1 and #2 above

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C: Lesson Overview

Steps	Time Estimate	Most important contents
School Success	8 min.	With students, read through the "School Success" handout. Have a discussion, involving your Peer Mentors, about what was just read. You could have them star what they already feel good at and circle what they know they need to work on.
Study Skills Survey	8 min.	Have the students take the "Study Skills Survey". Have a discussion afterwards on what students can do to improve their study habits. This survey can be a good way to start those improvements as they just assessed their own study skills and can see what they can work on.
Life Outside of Academics	5 min.	Briefly go over the "Life Outside of Academics" handout. (Students don't have a copy of this).
Getting involved outside of Sheldon	5 min.	Have students write this down to refer to for volunteering: www.unitedwaylane.org and click on "Volunteer Connection". You and the Peer Mentors may have ideas about other programs and opportunities in the community. Or students may already be involved – ask them to share. They can also see their school counsellor or the career center for more ideas.
Personal Study Habits review	5 min	In the time that remains, students can take the "Personal Study Habits Review" and assign themselves a score. Students should keep all of the handouts from today as references.

LIFE OUTSIDE OF ACADEMICS

Involvement outside of the classroom is important. You are at the age where you can begin gaining experience for your resume (a job) and for the college application (college admissions).

Believe it or not, college admission reps are looking for not only a solid transcript (good grades and rigorous course schedule), but they are also looking for students who give their time to their community, family, and/or school. They are also seeking students who get involved in activities that build skills such as leadership, team work, decision making, problem solving and dependability. The same goes for employers who are hiring, as well as for scholarship committees.

There are many opportunities to get involved in:

- School Clubs
- Volunteer in a non-profit organization
- Part-time work / summer job
- Volunteer in a school program (LSN, KRVM, tutor, etc.)
- Teacher Aid, Office Aid, Library Aid, Kitchen Aid, etc.
- School Newspaper
- Yearbook
- Performing Arts: Drama / Theater / Band / Choir / Dance
- Athletics
- Mentor an elementary school or middle school student
- Tutor an elementary – high school student
- Community Events / Organizations / Activities
- Coach / Referee for a program like the YMCA or Kidsports
- Church
- School Leadership
- Peer Mentor Program (Senior year)

It is important that as you do get involved with activities outside of school, that you learn how to manage your time. You will need to find the best way for you to balance school, family, and your other activities. Everything you are involved in there will be expectations. For example, involvement in school requires your homework to be done on time; involvement in family requires chores to be complete; involvement in activities requires practice or completing tasks. So don't take on more than you can handle. Learn how to use a planner or calendar and stay organized. Balancing a busy schedule and staying successful in all that you do is a skill in itself.

Keep track of your involvement over the next four years. It will make filling out applications easier. The Activities Record is a good way to do this.

Personal Study Habits Review

Name: _____ Date: _____

Directions: Read each question about your study habits and place a check mark on the appropriate line. Use the score key at the end of this activity sheet to find out which study skills you need to improve.

Yes **No**

- | | | |
|-----|-----|---|
| ___ | ___ | 1. Do you have a regular schedule for study, a particular time to save for study? |
| ___ | ___ | 2. Do you frequently have a radio, record, or television playing as you study? |
| ___ | ___ | 3. Do you have a regular place to study? |
| ___ | ___ | 4. Is your study often interrupted by telephoning, visiting, looking at magazines, or other activities? |
| ___ | ___ | 5. Do you try to be fresh and rested for studying, not putting it off or scheduling it when you are tired from other activities? |
| ___ | ___ | 6. Do you usually sit in an easy chair or lie down to study? |
| ___ | ___ | 7. Do you begin the study of a topic by quickly glancing over the topic to see what it is about? |
| ___ | ___ | 8. Do you always read a topic or chapter before reading the summary (if there is one) at the end? |
| ___ | ___ | 9. Do you always try to think through a topic and decide what you are supposed to learn from it rather than just reading it over in studying? |
| ___ | ___ | 10. Do you have difficulty in concentrating fully when you are studying? |
| ___ | ___ | 11. Do you concentrate fully when you are studying? |
| ___ | ___ | 12. Do you seldom review, except just before tests? |
| ___ | ___ | 13. As you study, do you constantly try to express in your own words what the author is saying? |
| ___ | ___ | 14. Do you review by rereading or scanning the material that you are to be tested on? |
| ___ | ___ | 15. Do you review some of each subject that you have studied on a previous day as well as studying new material? |
| ___ | ___ | 16. Do you try to do an assignment different from what your teacher has given? |
| ___ | ___ | 17. Do you take many notes on what the teacher says? |
| ___ | ___ | 18. Do you seldom take notes on reading assignments? |
| ___ | ___ | 19. Do you put notes in outline form as soon after taking them as possible? |
| ___ | ___ | 20. Do you have difficulty "making sense" of your notes when you study them later? |
| ___ | ___ | 21. In reviewing, do you read a note and then try to remember all the details that went with it? |
| ___ | ___ | 22. Do you rewrite all your notes? |
| ___ | ___ | 23. During lectures, do you look at the instructor when you are not taking notes? |
| ___ | ___ | 24. Are you relaxed and take it easy in class? |
| ___ | ___ | 25. Do you think about what the instructor is saying as well as listening to what he or she says? |

Yes **No**

- ___ ___ 26. Do you often find that you are studying with only "half of your mind" or even less?
- ___ ___ 27. Do you often try to figure out whether or not the subject you are studying may be helpful to you later in life?
- ___ ___ 28. Do you believe that, if you were to learn each paragraph of a chapter well, you would have learned the chapter well?
- ___ ___ 29. Do you try to fit all you read on a subject into a big, overall idea or mental picture of the subject?
- ___ ___ 30. Sometimes when studying, do you seem to get lost in details?
- ___ ___ 31. Do you believe that in addition to learning the details of a subject you must learn the big, overall story or idea of the subject?
- ___ ___ 32. Do you customarily read at the speed that is easy and most natural for you?
- ___ ___ 33. Do you often tell yourself to remember certain things when studying?
- ___ ___ 34. Do you not know how to increase your speed in reading?
- ___ ___ 35. Do you deliberately study and plan to be able to participate in a class discussion?
- ___ ___ 36. Do you do a little extra studying before tests?
- ___ ___ 37. Do you think through the meaning of test questions before you begin to answer them?
- ___ ___ 38. Do you stay up late the night before a test, studying for it?
- ___ ___ 39. On an essay type test, do you outline your answers before beginning to write them?
- ___ ___ 40. Do you suspect that many test questions are tricky, designed to fool you rather than test your knowledge?
- ___ ___ 41. Are you willing to work hard during the time you spend?

Scoring:

Give yourself a point for every odd number (1, 3, 5, 7, etc.) that you answered YES, and one point for every even number (2, 4, 6, 8, etc.) that you answered NO.

The higher your score, the better your study skills are. If your score is below 30 points, you need to work on improving your study skills. Talk to your counselor or teacher about how you can improve your study or organizational skills.

Study Skills Survey

Name: _____ Date: _____

Directions: Check as many answers that apply for each.



	<i>I never do this</i>	<i>I've done this in the past</i>	<i>I'm doing this now</i>	<i>I can do this in the future</i>	<i>I need help to do this</i>
I pay attention in class.					
I do not disturb my neighbors.					
I make sure that I can see the chalkboard.					
I make sure that I can hear assignments.					
I understand assignments when they are given.					
I ask my teacher for help when I do not understand.					
I write down assignments so that I will not forget them.					
I have set aside time each day to study after school.					
I bring materials I need for class to school everyday.					
I keep materials such as pencils, pens, and paper at home to do homework.					
I turn assignments in on time.					
I plan my study time to finish all of my assignments.					
I try not to waste time.					
I do the hardest work first.					
When studying for tests, I plan ahead so that I do not have to cram at the last minute.					
I keep working until I know the answers.					
When studying for tests, I try to think about the topics that are most important.					

Read the statements again and look at your answers. Are you happy with your answers? Discuss them with your teacher or counselor. See if that person feels the same way you do about your answers. Ask for suggestions on how to improve your study habits. Wait a few weeks and answer this survey again.

SCHOOL SUCCESS

1. Come to school every day ready to learn
 - a. Be in school, on time, everyday
 - b. Have the materials needed for each class
 - c. Set academic goals for each class, each term, and each year
2. Be organized
 - a. Use a planner or an assignment notebook
 - b. Have a folder for each class
 - c. Keep your folders, locker, backpack and study area neat
3. Manage your time well
 - a. Use extra time at school to get started on homework
 - b. Break large projects down into smaller parts
 - c. Do assignments as they come – don't wait last minute
4. Be a part of the learning in each of your classes
 - a. Participate in class (class discussions/group projects).
 - b. Learn how to adapt to your different teachers and their teaching style
 - c. Listen to your teacher and take good notes
 - i. Be an active listener by thinking about what is being said and taught
 - ii. Take notes that are easy to read later
 - iii. Get a copy of the class notes if you are absent
 - d. Find opportunities to explain something you learned to someone else.
That helps you remember the new information even better.
5. Study smart
 - a. Have a homework/study time each evening
 - b. Have a good place to study
 - c. Allow more time on homework than you think you will need
 - d. Use your notes and past assignments as study tools
 - e. Find ways to memorize the most important things
6. Have test-taking strategies
 - a. Use as much time before the test to study, not just the night before.
 - b. Have all materials you need for the test
 - c. Before you start in, look over the whole test to have an idea of how much time you will need and make sure you read the directions thoroughly.
 - d. Check your answers and go back through the test if you have time
 - e. Use all of the time you have available
7. Get help when you need it
 - a. Know your resources
 - b. Ask your teacher for help – they know you best
 - c. Get a study group together
 - d. Have numbers or emails of classmates when you get stuck on your homework
 - e. Use a tutor