



**HELPING STUDENTS STUDY
BETTER TODAY FOR
A BETTER TOMORROW**

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Project Overview

The purpose of *The Study Skills Project* is to develop effective study skills resources for students ages 8 to 11, 12 to 14, and 15 to 17. We aim to help students, especially those experiencing difficulty with the learning process, develop their study skills to excel academically. We also aim to promote positive and constructive dialogue about difficulties experienced with the learning process among students, parents, caregivers, program instructors, and teachers. The resources developed as a part of this project will be made widely available to students across the country through strategic partnerships with nonprofit organizations and academic institutions. The deliverables of this project will build upon existing study skills publications and resources to provide viable academic learning tools for students.

Project Goals

The Study Skills Project has two main goals. The first goal of the project is to develop, assess, promote, publish, and disburse study skills handouts and a study skills workbook for students ages 8 to 11, 12 to 14, and 15 to 17. The second goal of the project is to develop a website that will be published and maintained for students, caregivers, and educators to download handouts, view instructional videos, provide feedback about resources, and access the student study skills workbook.

Project Objectives

The Study Skill Project has five project objectives: (1) develop a study planning tool for students; (2) develop a mnemonic for students to remember the preparation and review stages of studying; (3) publish handouts to assess the effectiveness of specific study skills, study planning tools and study tips; (4) publish a student study skills workbook, and (5) encourages dialogue between students and their study partner(s) (e.g., caregivers, teachers, mentors, peers, etc.) about their study skills.

Project Strategy

To accomplish the objectives of this project, the Dale and Clarice Wolf Foundation and Lightwork Publishing LLC will partner with nonprofit organizations and academic institutions to assess the effectiveness of the study skills handouts. Each partnering organization will assign a site director for the project who will oversee (1) the distribution, completion, and collection of pre-and-post student surveys, (2) the distribution, completion, and follow-up of the *My Study Plan* handout, (3) the distribution of all study skill-specific handouts, (4) complete an end of session project interview, and (5) provide the research coordinator with digital copies of all collected data.



Criteria For Success

The success of *The Study Skills Project* will be determined by the positive assessment of the following: (1) increased knowledge of study skills tips and tools among students ages 8 to 11, 12 to 14, and 15 to 17, (2) increased study skills practices among students ages 8 to 11, 12 to 14, and 15 to 17, (3) increased dialogue between students and study partners about studying capabilities and needs, and (4) increased confidence with the studying process reported by students ages 8 to 11, 12 to 14, and 15 to 17 .

Areas of Interest and Intervention

The following topic areas will be assessed as a part of *The Study Skills Project*:

1. Study Preparation
2. Note-Taking
3. Reading
4. Motivation
5. Test Preparation
6. Positive and Constructive Dialogue
Between Students and Study Partners



PROJECT TIMELINE

Month 1

Month 2

Week 1

Pre-survey & foundations of studying with a plan

Week 3

Use data to strategically use handouts

Week 5

Use data to strategically use handouts

Week 2

Use data to strategically use handouts

Week 4

Continue using handouts, complete student feedback form

Week 6

Post-survey and feedback session

HANDOUT GUIDELINES

Use answers from the study-time questionnaire to guide students through the study skills handouts.

Pre-Survey Question	Student Answer	Review the Following Handouts:
1	No	Review 4 Steps of Studying and 3 R's of Studying Handouts
2	Okay, Needs Work, or Needs a Lot of Work	Handout #1, 4, 5c, 5d, 5e, 6, 9, 10, 11, and 15
3	Okay, A Little Confident, Not Confident	Review 4 Steps of Studying and 3 R's of Studying Handouts
4	Anxious, Unprepared, or Confused	Handout #2, 3, 5a, 5b, 5c, 7, 8, 13, and 14
5	Anxious, Unprepared, or Confused	Handout #2, 3, 4, 5a, 12a-12e, 13, and 14

CONTACT US

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APPENDIX



STUDENT HANDOUTS

Name: _____ **Date:** _____ **Age:** _____

Study Time Questionnaire

1. Do you have a "Study Time" at home?

☐ **Yes**

☐ **No**

2. How would you described your "Study Time" at home?

☐ **Very Good**

☐ **Good**

☐ **Okay**

☐ **Needs Work**

☐ **Needs a Lot of Work**

3. How confident do you feel about studying?

☐ **Very Confident**

☐ **Confident**

☐ **Okay**

☐ **A Little Confident**

☐ **Not Confident**



Name: _____ **Date:** _____ **Age:** _____

Study Time Questionnaire

4. When you think about studying for a test, how do you feel?

(You can choose more than one answer)

- ☐ **Anxious/Nervous**
- ☐ **Confused**
- ☐ **Confident**
- ☐ **Prepared**
- ☐ **Unprepared**
- ☐ **Excited**
- ☐ **Hopeful**

5. When you think about taking notes in class, how do you feel?

(You can choose more than one answer)

- ☐ **Anxious/Nervous**
- ☐ **Confused**
- ☐ **Confident**
- ☐ **Prepared**
- ☐ **Unprepared**
- ☐ **Excited**
- ☐ **Hopeful**

6. Do you use a study plan or study schedule to prepare for tests?

- ☐ **Yes**
- ☐ **No**



Name: _____ **Date:** _____ **Age:** _____

Study Time Feedback

1. Were the study skills handouts easy to understand?

☐ **Yes**

☐ **No**

2. Were the study skills handouts helpful?

☐ **Yes**

☐ **No**

3. Did the study skills handouts help you to understand the steps and stages of studying?

☐ **Yes**

☐ **No**

4. How confident do you feel about studying?

☐ **Very Confident**

☐ **Confident**

☐ **Okay**

☐ **A Little Confident**

☐ **Not Confident**



The 3 R's of Studying

THE STUDY SKILLS PROJECT
STUDY BETTER TODAY FOR A
BETTER TOMORROW



Write down and take notes about the information you learn: (1) in class and (2) from reading your textbook at home.

- Listen in Class
- Read At Home
- Always Take Notes

Review your notes from class and from your reading time at home. Use different memorization techniques to remember and understand the information from your notes.

Revisit the information from your notes to prepare for any upcoming tests or class projects. You can also teach the information to someone else or study in a group to better prepare.



The 4 Steps of Studying

THE STUDY SKILLS PROJECT
STUDY BETTER TODAY FOR A
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1. Write it

Take notes.



Write it to

2. Review it

Review and ask questions about your notes.

Review it.

3. Revisit it

Review your notes again to prepare for your tests.

Revisit it to

4. Use it

Use what you have learned to pass your tests.

Use it.





My Study Plan

Name _____ Date _____

This is My Study Plan and there are NO wrong answers!

1. Complete the two sentences below by choosing **I can** or **I will**.

I can

I will

1. _____ succeed in anything I put my mind to!

2. _____ succeed in school!

2. Study Place: At home, I will study _____ *Example: at the kitchen table*

because that is where I can focus and study the best.

3. Study Partner: I will ask _____ to be my study partner

because it is easy for me to talk to them, and ask for help with my schoolwork.

4. Study Tools: Circle **Five Or More** items from the list below you will use to study.

Binder

Class Notes

Textbook

Dictionary

Planner

Flashcards

Paper

Pens

Laptop

Pencils

Timer

Highlighters

Calculator

Notebook

Post-its



5. During my study time: I will study for ____ minutes, take a break for ____ minutes, and then review what I just studied.

a. study for **30 minutes**, take a break for **3 minutes**

b. study for **45 minutes**, take a break for **4 to 5 minutes**

6. Study Break: Choose **Two Or More** things you will do during your study break.

- ☐ Stretch
- ☐ Play with a pet
- ☐ Do jumping jacks
- ☐ Eat a healthy snack
- ☐ Do push-ups
- ☐ Go for a walk

7. Before a Test: I will **study** my notes, textbook, and study guide ____ **days** before the test.

a. 3 days

c. 5 days

b. 4 days

d. 6 or more days

8. If I feel nervous or anxious while taking a test: I will slowly take a deep breath in for ____ **seconds**, and then slowly breathe out for ____ **seconds**.

a. in for **3 seconds**, out for **3 seconds**

b. in for **4 seconds**, out for **4 seconds**

c. in for **5 seconds**, out for **5 seconds**

9. Organize: I will keep all of my notes, handouts, and assignments for this class in a _____ .

a. folder

b. binder with sections

10. Before I start a test: I will say to myself, _____ !

a. I have studied, I have prepared, I can do this!

b. I will do my very best and be proud of myself for trying hard!

c. Both





My Study Plan Log

Name _____ Date _____

Complete the study log below each week on Friday.

Week	Date	Did you take notes in class this week?	Did you study at home this week?	Do you have a test or quiz next week?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				