

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.

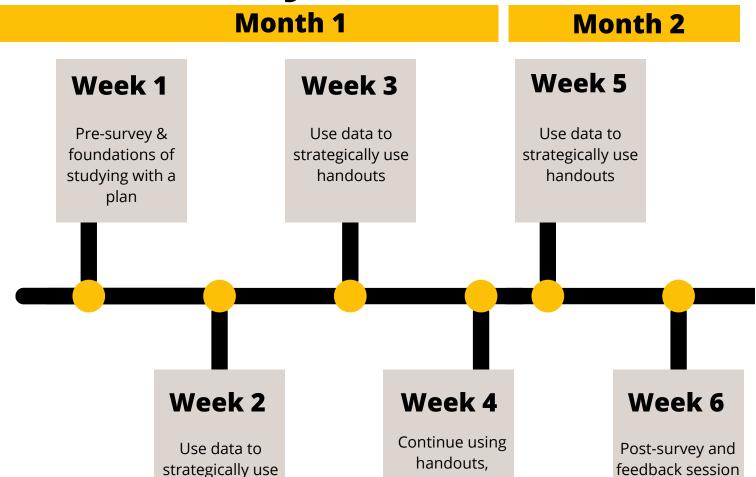
Areas of Interest and Intervention

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



HANDOUT GUIDELINES

handouts

complete student

feedback form

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

CONTACT US

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APPENDIX



STUDENT HANDOUTS

Date:	Age:
	Date:

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
O 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:

Ctudy Tima Augstiannaira

Study I mie Questionnaire
4. When you think about studying for a test, how do you feel? (You can choose more than one answer)
(100 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:

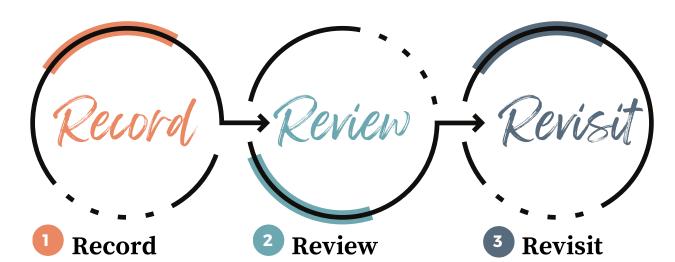
Study Time Feedback

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?
O 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 BETTER TOMORROW



1. Write it

Take notes.

2. Review it

Review and ask questions about your notes.

3. Revisit it

Review your notes <u>again</u> to prepare for your tests.

4. Use it

Use what you have learned to pass your tests.

Write it to Review it.

Revisit it to

Use it.







lar	me		Date			
Th	This is My Study Plan and there are NO wrong answers!					
1. (Complete the tw	o sentences belo	w by choosing I	can or I will.		
		l can	l will			
	1	succeed in	anything I put my	mind to!		
	2	succeed in s	school!			
2. S	tudy Place: At ho	ome, I will study		Example: ——— at the kitchen	table	
	beco	iuse that is where l	can focus and st	udy the best.		
3. S	tudy Partner: w	ill ask	to	be my study par	tner	
		use it is easy for m my schoolwork.	e to talk to them,	and ask for help)	
4. S	Study Tools: Circl	e Five Or More ite	ems from the list b	elow you will use	e to study	
	Binder	Class Notes	Dictionary	Textbook		
	Planner	Flashcards	Dictionary	Paper		
	Pens	Pencils	Laptop	Timer		
	 Hiahliahters		Calculator			



Post-its

Notebook

5.	During my study time: I will study for and then review what I just studied.	_ minutes, take a break for minutes,
	a. study for 30 minutes, take a break forb. study for 45 minutes, take a break for	
6.	. Study Break: Choose <u>Two Or More</u> thing	gs 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, text before the test.	book, and study guide days
	a. 3 days c	. 5 days
	b. 4 days d	. 6 or more days
8.	. If I feel nervous or anxious while takin breath in for seconds , and then slo	, , ,
	 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, har in a	ndouts, and assignments for this class
	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 carb. I will do my very best and be proud oc. Both	





Name	Date	
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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				

