

Study Skills Seminar

Your High School Toolkit



- Lesson 1—Time Management 101
- Lesson 2—Organize Your Time and Space
- Lesson 3—Organize Your Things
- Lesson 4—Study Plans and Recovery Work
- Lesson 5—Formative Grades
- Lesson 6—Study Techniques
- Lesson 7—Note Taking Tools
- Lesson 8—Test Taking and Test Anxiety
- Lesson 9—Study Skills Recap

First, let's debrief from last week Discussion-Take out your planning page or your planner. How was last week using your planner?





I'm a big fan of having a plan!!

Organize Your Things

It's all about the Binders!



- •Seven subjects is a lot to keep up with every day—Keeping your binders organized is KEY!
- •Three-ring binders with dividers work well so you can have separate sections labeled:
 - Class Notes
 - •Quizzes/Tests
 - •Homework

*** Note: some teachers have specific requirements for binder set up—Always defer to your teacher's specifications!

Staying Organized—It's an ongoing process

- ✓Put the date on all of your papers, so you can easily put them in the right order
- ✓ Never put loose papers inside your backpack. If you have to leave class in a rush, put loose papers in the front of your binder
- ✓At home, take 60 seconds to put any stray papers in their correct folders
- ✓ Use the back pocket in your binder for miscellaneous items (club forms, etc.)

Organize Your Things

The Night Before



- •Put all of your papers back in the right place in your binders
- •Do a planner check—did you complete everything? do you have all of your forms?
- •Pack up your backpack with your binders, anything you will need for afterschool, and any supplies you might need
- •Put your backpack by the door

Activity—Time to Set it up Biology Binder



- •Get out your Biology Binder
- •Start Organizing—
 - •Remove any items that are not Biology related
 - •Use the dividers provided if you need to create sections in your Binder
 - •Sort your papers into each section
 - •If you finish while others are still working, start on another subject

Activity—Time to Set it up Biology Binder-Specifics



Units (these should be labeled on binder divider tabs):	
1 – Intro to Biology	6 – DNA/RNA Processes
2 – Biochemistry	7 – Genetics
3 – Cells	8 – Evolution
4 – Energetics	9 – Kingdoms
5 – Cell Cycle	10 – Ecology

Put It Into Action Biology Binder Check Next Week



You will have a graded Biology binder check in class soon. Keep your binder organized—filing away important papers, dating your notes, and keeping track of homework

Next Session—Lesson \$\tudy Plans and Recovery Work

See you next time!

