



High School Success

Study Skills Seminar
Lesson Four—Study Plans and Recovery
Work

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—

Has working with an organized binder helped you? Share a success story.



My binder makes me an expert finder!

Study Plans

Hmmm...If it's broken, it's time to fix it!



- Students often stay up late into the night to cram for tests—it's exhausting and can be counterproductive
- It's time to start preparing for classes and tests in a whole new way—maximize all the time you're at school to reduce those late night hours
- South has LOTS of opportunities for extra help and they are FREE and EFFECTIVE!



Steps to Getting the Help You Need

✓ Talk to your teacher! They are your # 1 source for getting answers to your questions—and communicating with them shows you care about your grades, and that you are mature and responsible…so start asking!!

✓ Check the Freshman Academy Academic Support brochure for teacher extra help sessions, and begin attending regularly. If your grades aren't where you want them, plan to attend 2-3 sessions/week!



Steps to Getting the Help You Need

- ✓ Get an Instructional Focus pass EVERY week; There should be at least one class you can get help with each week (don't waste this time!!). Get an orange pass before Wednesday of each week.
- ✓ Attend Saturday Academy—two Saturdays a month tutoring is offered in the West Hall Media Center from 9AM-11AM. Tutors are National Honor Society and Beta Club members. They've been through the classes you are in now—take advantage of this 1:1 help!



Steps to Getting the Help You Need

- ✓ Other tutoring opportunities—Mu Alpha Theta (Math Honor Society) offers 1:1 tutoring
 - Mondays – 3:45–4:15 (Room 462)
 - Tuesdays– 7:45–8:15 (Room 462)
- ✓ Peer study groups—Get a group of 2–3 peers and re-teach each other concepts, quiz each other, make your own practice tests and give them to one another. Having a group like this to work with makes studying fun!
- ✓ RECOVERY WORK—Ask your teachers about Relearn and Recovery assignments

Now make it happen!

Put it in your plan—and show you can!!



- You know what's available to you, but if you don't make it part of your routine, it's too easy to procrastinate
- Let teachers know when you plan to attend their extra help sessions—once you've committed, you are more likely to follow through
- Figure this out in your freshman year and you are on the road to success for the rest of high school!

Activity—Time to put it on paper

Create your own study plan



- Take out the Academic Support Brochure
- Highlight the extra help sessions of all of your teachers
 - Use the sample study plan to enter the dates and times you can attend extra help sessions
 - Enter the teacher's name you will go to see during IF this week
 - Enter other study opportunities you plan to utilize (Saturday Academy, a peer study group, etc.)

Put It Into Action

Hold yourself accountable



Pair/Share Activity—Review your plan with a partner. Discuss how you're going to implement it.

Discuss your plan with your parents. They'll be impressed!

Next Session—Lesson 5

Formative Grades

See you next time!

