



The Environment

Create a "School Zone" at home

1. Location

- Need a dedicated, consistent space.
- Must have a timer or clock.
- Have all necessary supplies in your "School Zone"

2. Ambience

• Get rid of distractions such as cell phones, computers, tv, radio, noise, and people.



Monitor

- Adult must monitor consistently.
- © Schedule mini breaks between assignments. (Ex:10 minutes on, 3 minutes off)

Time Management

- Use a large monthly calendar to write down ALL activities and due dates.
- Block off study time in advance.
- © Estimate how long each assignment will take before beginning and create your "TO DO" list.
- Prioritize your assignments (Start with most difficult assignment or the assignments that are due the next day).
- © Even when you don't have much homework, spend 5-10 minutes reviewing that day's notes or checking ANGEL for upcoming assignments.



Self-Assess

 Find out what your study habits are like and get some suggestions at:

http://www.studygs.net/attmot4.htm

 Printable to do lists, student study schedules, etc. http://misscantillon.com/Studyskills.htm



Testing Anxieties

| Physical Signs: | Behavioral Signs: | Emotional Signs: | Cognitive Signs: |
|----------------------------|----------------------|---------------------|--------------------|
| • headaches | fidgeting | • fear | • racing |
| • nausea | • pacing | • anger | thoughts |
| light-head | | • depression | • mental blocks |
| sweating | | • helplessness | • negative |
| • rapid heart beat | | | self-thought |



How to Cope...

- 1. Become Prepared
- 2. Positive Attitude
- 3. Relaxation Techniques
- 4. Test Taking Skills



Become prepared...

Many anxieties come from the fact that the student has not studied and they realize it!

- Be an ACTIVE studier simply re-reading the chapter and other information is PASSIVE studying
- Use distributed practice review every night of the week, even if there isn't a quiz or test coming up
- Ask questions before the test! Come in early for extra help sessions.
- Create a study plan
- Identify study techniques that work for your student.
- Teach them how to self-monitor/self-reflect.



Positive Attitude...

- Positive self-talk.
- Mini-breaks scheduled after completing assignments.
 - Example: If I finish these 5 problems I can get up and get a snack.
- Rewards for success.



Relaxation Techniques...

- Rituals
- Deep breathing
- Muscle relaxation
- Visualization
- Meditation

http://www.hws.edu/studentlife/counseling_rel
ax.aspx

Test-Taking Skills...

Questions to ask when the teacher schedules the test!

| - | 8 | |
|--|---|--|
| | QUESTIONS TO ASK | REASON FOR THE QUESTION |
| - | When will the test be? | This lets you know how much time you have to prepare. |
| W. C. S | What type of test will it be (essay, multiple choice, true/false, fill in the blank)? | This will tell you how to study for the test. |
| S. Miles S. | Will there be a review in class? | Teachers often have a review for the test in class either in a special study session before or after school. |
| 100 Carlo Ca | Will there be a study guide or a review worksheet for the test. | A study guide or a review worksheet can be a big help to prepare for an upcoming test. |
| THE PERSON | Will this be an open-book test? | On open-book tests you can use your textbook or your notes to help answer questions. |
| · · · · · · · · · · · · · · · · · · · | Will there be any questions about information from the lecture that is not in the book? | Often the teacher will talk to the class about ideas that are not covered in the textbook. Make sure you have all the information in your notes. |
| The other | How much time will be given to finish the test? | This will let you know how fast you have to work. |



Test-Taking Skills...How do I Prepare for the test?

When studying: **RECITE**, **WRITE**, **VISUALIZE**

- RECITE
 - Describe or explain topics aloud; put in your own words
 - Teach the information to someone else
 - Engage in a simulation or role play



> WRITE

- Make chapter study review cards
- Use a set of flashcards (vocabulary, definitions,

VISUALIZE

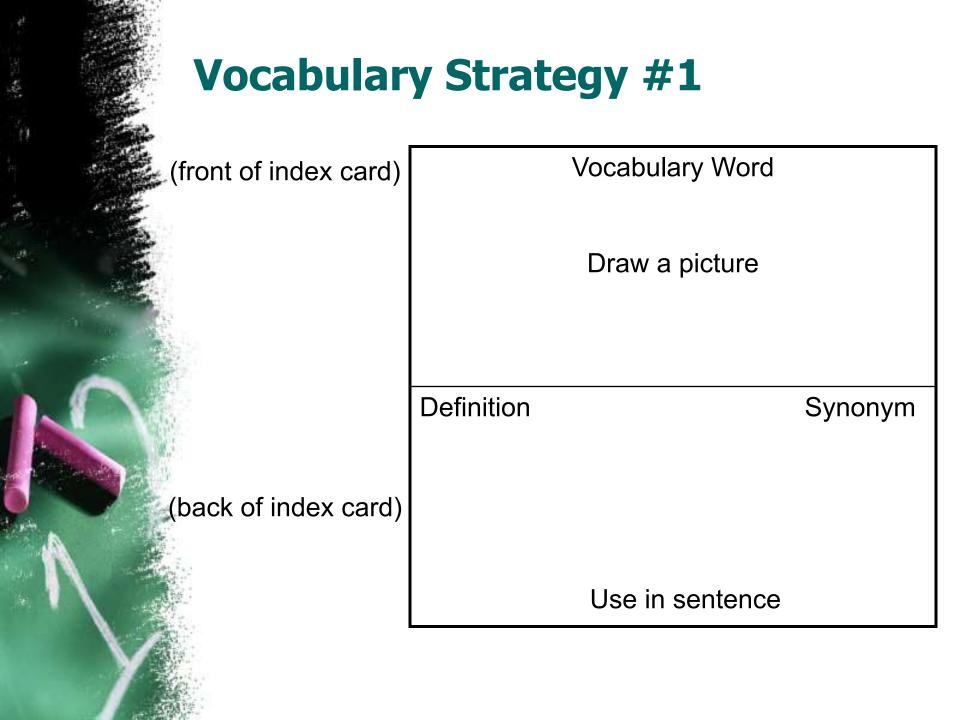
 Close my eyes and "picture in my mind" any chart, diagram, word, map, event, time period, scene, experiment, or character that I am trying to remember



Test-Taking Skills... During the test

- Come up with the answer in your head before you read the choices, then.....
- Read all of the choices, then.......
- Eliminate the wrong answers.
- Pace yourself if the test is timed.
- Double check each answer.
- Use the test as a source to get information for questions

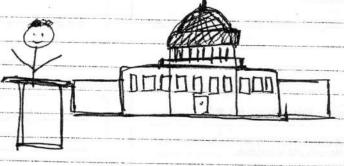
http://www.testtakingtips.com/test/index.htm





FRONT

Executive Branch



BACK

responsible for carrying out laws.

president chief of state George W. Bush Head of Gor't

Commander inches Cabinet members

The president of the united states is the head of the executive branch of the U.S. government.



Vocabulary Strategy #2

1. Choose 4 vocabulary words and place them into each part of the circle.

2. Describe what the 4 words have in common.

3. Describe how the 4 words fit in with the

content.



CONCEPT CIRCLES

| highlighting the connec | ctions between and among | about your understanding of by each of the items in the concept circle. What is ns in the concept circle fit together? |
|-------------------------|---------------------------|--|
| Legislative Pranch | Executive Branch | The second secon |
| Judicial Branch | The president of the U.S. | |
| | | W - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - |
| | | |



Vocabulary Strategy #3

- List...all the terms being studied.
- Group...divide the terms into 3 or 4 groups based on similarities.
- Label...each group.



LIST-GROUP-LABEL

My brainstorming list for

jazz

laissez-faire

blues

relief New Deal

bull weevil Great Depression

minimum wage bargaining integrate isolationism dictator appeasement WWII

Holocaust

ration

GI Bill

subsidy

Word patterns our group discovered . . .

Based on our words and labels, we can make the following statements about this topic:

and _____

Sort into the four containers. Write the rule for each on its lid.

variable

substitute

$$X = 16$$
 $h = 6$
 $4(x)$ $5h$
 $4(16)$ $5(6)$

coeffecient

algebraic expressions

$$2+x=5$$

 $4(3+n)-2=10$
 $y=2+2$



Mnemonic Strategy

Association- link to something

AIL

Imagination- be creative

 Location- how you arrange your images, words, etc.

Acronyms (colors of the rainbow in sequence)

Example: ROY G BIV

Acrostics (prefixes for metric system)

Example: King Henry Died By Drinking Chocolate Milk



Mnemonics

Association-Imagination-Location Newton's Three Laws of Motion

A 250 3 3

Acronyms

IPMAT = Interphase, Prophase, Metaphase, anaphase, Telophase

PEMDAS = Paretheses, Exponents, Multiply, Divide, Add, Subtract

Acrostics

Please Excuse My Dear Aunt Sally
Parenthesis Exponents Multiplication Division Add Subtract

(2) King Philip Came Over For Grape Soda

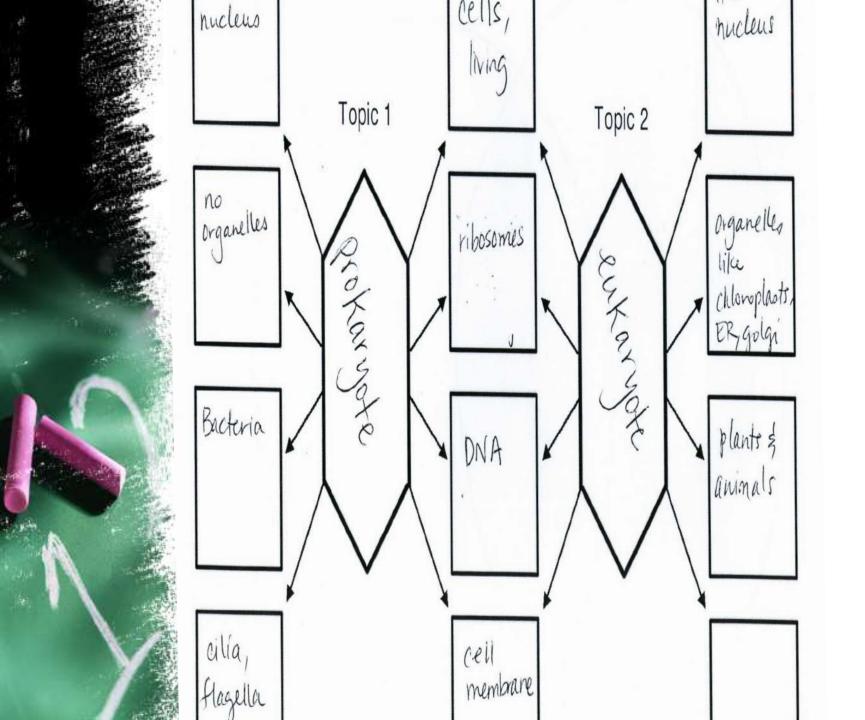
Kingdom Phylum Class Order Family Genus Species

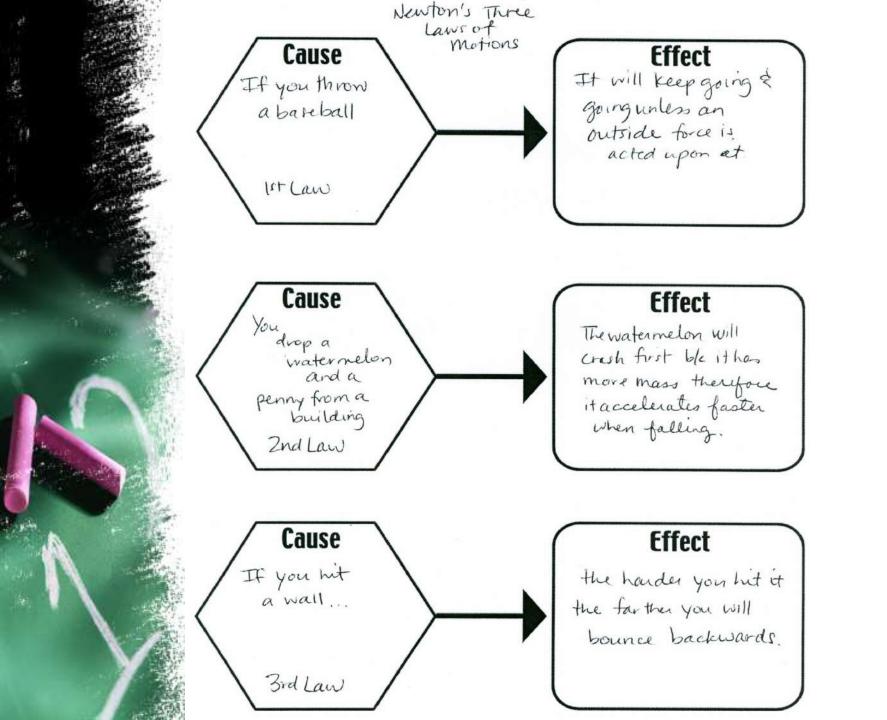


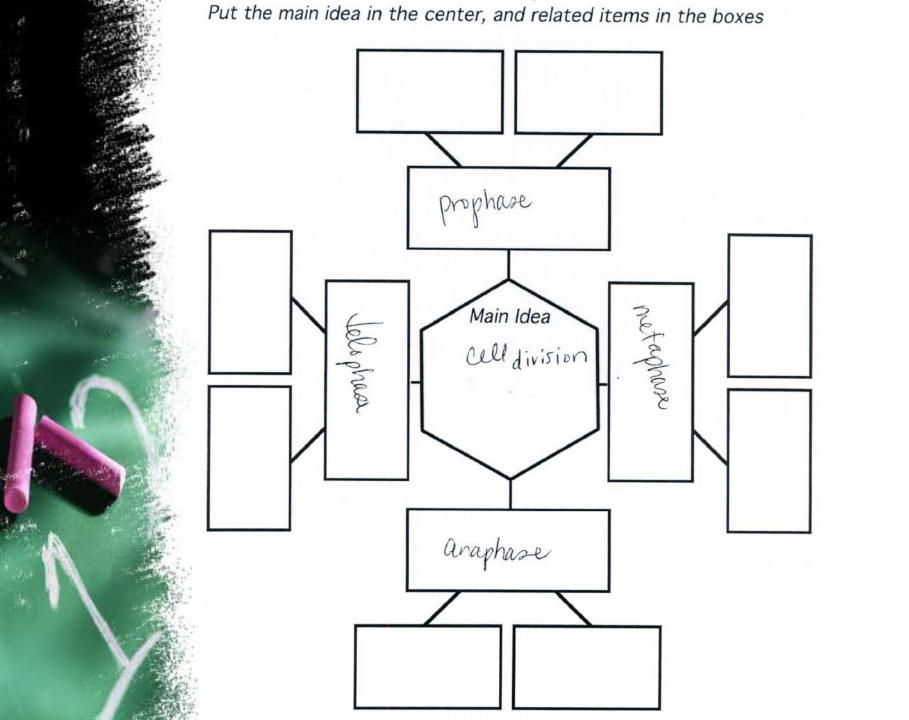
Graphic Organizers

- Use with study guides.
- Identify the content from the study guides.
- Apply the content to a variety of graphic organizers.
- Show what you really know.

http://www.teachervision.fen.com/graphicorganizers/printable/6293.html









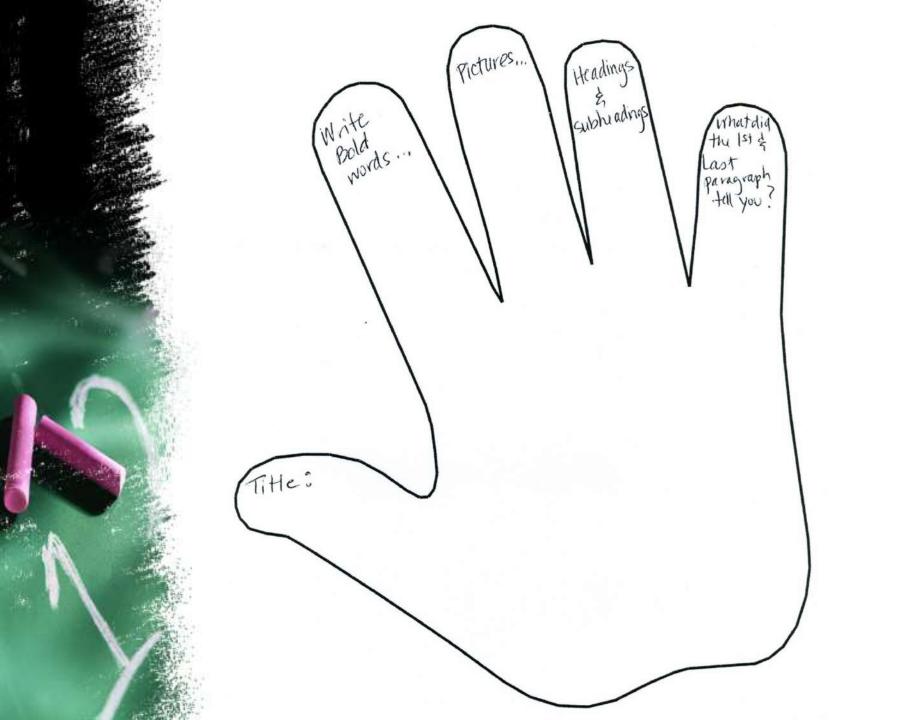
Gathering Information from Text

- Five Finger Strategy
- SQ3R
- Two-Column Notes



Five Finger Strategy

- 1. Read Title (provides main idea).
- 2. Look at bold words & write them down.
- 3. Take a picture walk. (How do these pictures relate to title?)
- 4. Write down headings & subheadings.
 - © Create an outline.
 - Turn them into questions.
- 5. Read 1st paragraph and last paragraph.
 - Provides introduction & conclusion.





SQ3R

SURVEY: Record important titles, subtitles, pictures, vocabulary words that you read from print.

QUESTION: Ask yourself...the 5W's, what do I already know, or what do the vocabulary words mean?

READ: Write answers to the questions above.

RECITE: Record key facts and phrases as needed.

REVIEW: Create a summary paragraph for each question, an outline of the chapter, or graphic



T-Chart

Add details to each column.

Pgs. 74-83 in Georgia Studies Book

| Subject: | Subject: |
|--|---|
| Write Headings | What facts did you read in that section? |
| How did we learn About the Earliest People? | Archaelogists Artifacts |
| | Shale Anthropologists Culture |
| Paleo Indians | Culture -Nomads - invented at lat I -lasted 10,000 years -Paleo "very old" |
| Archaic Indians | - Archaie "old" - 8000 BC - 5000 BC |
| | - animals became extinct because of climate change |



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