UNIT 4: SCHOOL SURVIVAL SKILLS

LESSON 6: Study Habits

OBJECTIVE: To develop better study habits by setting goals and making plans to accomplish the goals.

EVALUATION: Students will identify these strengths and weaknesses in their study habits and set goals to strengthen weaknesses.

MATERIALS: Handouts “How Do You Study” (4-6-1) and “How Am I Doing” (4-6-2 to 2c)

PROCEDURES:

1. Introduction:
   Yesterday we looked at the importance of being organized in order to be successful in school. Today we will look at our study habits and plan ways to improve them.

2. Activity:
   Listen to this story and list the good and poor study habits.

   Keone sat down at the desk in his room to study while the radio was on K59. He looked over the assignments he had to do: Read chapter 5 for social studies, complete 10 math problems and study for a spelling test. His goal was to finish his homework in time to watch his favorite TV program and call his friend. Keone thought, “I’d better plan how to do this. Math is my hardest subject so I should do that before I get tired. It should take 20 minutes. Then I’ll read the chapter for social studies; that should take 30 minutes. Then I’ll study my spelling. Boy, that’s not too bad. I think I’ll call Kino first. I have plenty of time, then I’ll study.”

   Process the story by asking students what the good part of Keone’s study habits were and what could have been improved. List on the board what goals Keone had and what plans he had. List also the poor study habits he could work on.

   Distribute worksheet 4-6-1 and have the students complete the worksheet. Ask students to share their responses.

   Distribute worksheets 4-6-2 to 4-6-2c and have the students complete the worksheet. You may want to read each item and have students circle “yes” or “no.”

3. Closure:
   Have students tally their strengths and weaknesses at the end of the worksheet and identify what their strong points are and what areas they need to improve.
HOW DO YOU STUDY?

Answer the following questions about your study habits.

1. Do you usually study alone? ____________________________ Yes ______ No ______

2. Do you study while:
   - watching TV? ____________________________ Yes ______ No ______
   - listening to the radio? ____________________________ Yes ______ No ______

3. Do you study at the same time each day? ____________________________ Yes ______ No ______

4. Do you interrupt your studying:
   - to talk on the telephone with friends? ____________________________ Yes ______ No ______
   - for other reasons? ____________________________ Yes ______ No ______

5. Do you keep all the materials you will need for studying (paper, pencil, dictionary, etc.) close by? ____________________________ Yes ______ No ______

6. Do you plan and organize what and how you will study before you begin? ____________________________ Yes ______ No ______

7. Do you think about and review an assignment you have just completed? ____________________________ Yes ______ No ______

8. Where do you usually study? ____________________________

9. What are your good study habits? ____________________________
   - What habits need to be improved? ____________________________

10. How would you rate your study habits?
    Good _________ Fair _________ Poor _________
HOW AM I DOING?
(Study Habits Questionnaire)

The purpose of this questionnaire is to help you get information about how you study right now. As you examine the results, you will discover your areas of strength and weakness. The results will have meaning only if you are honest and respond as accurately as possible. If the statement is true about you, circle Y for yes. If the statement is false as it applies to you, circle N for no. Be sure to circle Y or N for each statement. Answer carefully so that you get accurate information.

1. I usually complete tests on time: ................................................................. Y    N
2. I set aside a regular time for studying every day........................................... Y    N
3. Before I read, I turn headings into questions so that I know what I’m going to learn................................................................. Y    N
4. I can make and follow a study schedule........................................................ Y    N
5. I never give up if an assignment is difficult.................................................... Y    N
6. I can usually determine important points in lectures.................................... Y    N
7. Before class starts, I review yesterday’s lecture notes.................................... Y    N
8. Because I am organized I seldom waste time.................................................. Y    N
9. I focus entirely on my work when I study....................................................... Y    N
10. I don’t feel comfortable reading a chapter until I’ve read all the headings and the summary first.................................................... Y    N
11. I usually take notes on lectures..................................................................... Y    N
12. I don’t get sleepy when I study..................................................................... Y    N
HOW AM I DOING?

13. I check my lecture notes to fill in any missed words soon after I take them. ................................................................. Y  N

14. I seldom hear a lecture that is well organized. ................................................................. Y  N

15. I enjoy learning. .................................................................................................................. Y  N

16. Before I begin an assignment, I estimate how long it will take and then get right to it. ................................................................. Y  N

17. Before answering an essay question, I organize what I am going to write............................. Y  N

18. I have difficulty concentrating when I study........................................................................ Y  N

19. By using my notes and the class book, I can usually predict the questions on a test. ................. Y  N

20. I could get better grades. ...................................................................................................... Y  N

21. I give a high priority to daily study. ..................................................................................... Y  N

22. I try to record everything a teacher says in a lecture. ........................................................ Y  N

23. I set aside time to review for each course every week.............................................................. Y  N

24. Every time I study for a course, I spend some time in review................................................ Y  N

25. I'd rather get through fast than have a perfect paper. ........................................................ Y  N

26. I seldom lose points on my exams due to careless mistakes.................................................... Y  N

27. I usually seek a quiet place to study.................................................................................... Y  N

28. Before I leave class, I make sure that I know what homework to do and how to do it............ Y  N

29. I'm usually interested in my courses.................................................................................... Y  N

30. Good grades are important to me. ...................................................................................... Y  N
HOW AM I DOING?

31. I stop to check what I remember after reading each section in a chapter. ........................................... Y N

32. I know what time of day I do my best studying. ................................................................. Y N

33. I study even if I don’t feel like it .................................................................................................... Y N

34. I usually read the questions at the end of the chapter before I begin to read the chapter. ....................................................................................................................... Y N

35. I seldom have trouble finding enough time to study. ............................................................. Y N

36. I can remember much of what I study. ....................................................................................... Y N

37. I seldom put off studying. ........................................................................................................... Y N

38. To remember better, I check main headings and the summary before I read a chapter or article. ................................................................................................................... Y N

39. I can do well on tests even if I’m nervous. .................................................................................. Y N

40. I don’t review lecture notes until the night before a test............................................................ Y N

41. I listen carefully to a lecture instead of taking notes. .............................................................. Y N

42. I take time to review the chapter right after I read it................................................................. Y N

43. I really “dig in” when I study. ...................................................................................................... Y N

44. Before starting a test, I plan how much time to use on each section of the test. ....................... Y N

45. I spend equal time on all my subjects. ...................................................................................... Y N

46. I don’t skip over charts, graphs, and tables when I read a chapter. ........................................ Y N

47. I usually know what is important in a chapter. ........................................................................ Y N
**HOW AM I DOING?**

48. I usually check over my test to avoid errors. ........................................... Y N

49. Because I want to remember, I listen carefully to any explanations in class. ........................................... Y N

50. Daydreaming rarely interferes with my studying. ........................................... Y N

*Circle the numbers you marked yes.*

**WHAT ARE MY STRENGTHS AND WEAKNESSES?**

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What is your strongest area?  

What area do you need to work on?