

## **STUDY SKILLS PROGRAMMING GR 7-9**

### **OVERVIEW:**

#### Introduction to the Course

Study Skills is an academic support class. Students are being offered this course to enhance opportunities for academic understanding and success. The course provides students with the opportunity to acquire strategies in their Executive Functioning skills and increase their study habits, while providing time for homework and study for their core courses. Students will develop executive functioning skills that include planning, organization, time management, task initiation, working memory, metacognition, self control, sustained attention, flexibility, and perseverance. Learners will attain academic tools to use throughout their high school and post high school careers. This class also provides an atmosphere where students can get extra academic support, reteaching, help studying for assessments, help with assignments, and weekly grade check-ins.

#### Course Outline

Week 1/2:	Introduction to Study Skills - Creating a Digital Agenda
Week 3/4:	Executive Functioning: Organization
Week 5/6:	Executive Functioning: Planning
Week 7/8:	Executive Functioning: Time Management
Week 9/10:	Executive Functioning: Sustained Attention
Week 11/12:	Executive Functioning: Perseverance
Week 13/14:	Executive Functioning: Task Initiation
Week 15/16:	Preparing for midterms

Week 17/18:	Midterms Study
Week 19/20:	Executive Functioning: Flexibility
Week 21:	Executive Functioning: Study Strategies Math
Week 22:	Executive Functioning: Study Strategies Science
Week 23:	Executive Functioning: Study Strategies Social
Week 24:	Executive Functioning: Study Strategies English
Week 25:	Test Taking Strategies Multiple Choice
Week 26:	Test Taking Strategies Long Answer
Week 27:	Team Work
Week 28:	Team Work
Week 29:	Metacognition
Week 30:	Self Control
Week 31:	Motivation
Week 32:	Study for finals Math
Week 33:	Study for finals Sciences
Week 34:	Study for finals Social
Week 35:	Study for finals English

## Evaluation

Citizenship grades are based on the student's ability and willingness to follow the policies and expectations for this class, as well as attitude, cooperation, courtesy, participation, responsibility, work habits and respect for fellow students and staff members. Course citizenship includes both work habits and attitude/behaviour.

Assignments will be posted in the Google Classroom. Generally, assignments are done in class in the first 10-15 minutes. Students are given class time to work on assignments and then the remainder of the

class is for academic support and study and homework completion for their other classes. There is no homework for this class.

### Expectations

1. Participation in the mini-lessons of this course is very important. Students will be learning to increase their executive functioning skills with daily participation that will allow for growth and feedback to apply to their other courses.
2. Students are to bring homework material, study or review material, or reading material.
3. After the initial mini-lesson of approximately 15 minutes, the students are to work individually and silently.
4. No mobile devices are allowed. Laptops may only be used to access course materials.

### One Suggested Cycle for Study Success

