

# Developing My Study Skills

This lesson is designed to help students identify skills and habits needed to be successful in school.

## OBJECTIVES

Students will...

1. Evaluate their current study habits
2. Learn strategies to improve study skills
3. Make a plan to improve their study habits for academic success

## ACTIVITIES

### PART 1

#### Content Knowledge

Lead a class discussion on the difference between a skill and a habit. A habit is an action done on a regular basis. A skill is the capacity to do something well.

Divide students into small groups. Ask students if they had a test scheduled for next week, what would their week leading up to the test look like? Have students create a list. Remember, this list should be true to what students would do the full week leading up to their test. Once groups have finished brainstorming, encourage them to share one or two examples with the class.

Some examples may include

- Completing assigned homework
- Reading
- Writing
- Practicing vocabulary
- Hanging out with friends

Now, ask students to think about what they should do to prepare for a test. Give students 5-10 minutes to create a list. Allow a couple of groups to share examples and create a list for the entire class.

### PART 2

#### Applying Information

Have students reflect on a recent assignment and evaluate their study habits leading up to the assignment. What are some things they could have done better to prepare themselves for the assignment?

Instruct students to log in to MEFA Pathway and create a journal entry in their *My Journal* by clicking on the pen icon in the lower right corner reflecting on their current study habits. What do they do well currently? How can they improve?

Grade Level: 6

MEFA PATHWAY SECTIONS  
WITHIN THIS LESSON:

- My Journal
- My Goals

DOMAIN:

- Academic Skills

TIME:

- 45 minutes

MATERIALS NEEDED:

- Internet connection to work with the MEFA Pathway website

FUTURE READY SKILLS:

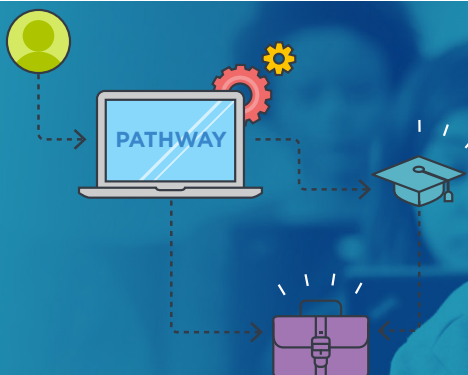
- Time-Management
- Organization
- Self-Management

VOCABULARY:

- Organization
- Prioritization
- Perseverance
- Motivation

Email any questions to:  
[k12support@mefa.org](mailto:k12support@mefa.org)

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# LESSON PLAN

## Evaluating Information

Students should navigate to the *My Goals* page under the *Self Discovery* tab in MEFA Pathway. Instruct students to create a new academic goal focusing on improving their study skills. They should add at least three strategies they learned during the group discussion to their study skills goal. Students should save this goal, and revisit it before their next big assignment to track their goal progress.

Email any questions to:  
[k12support@mefa.org](mailto:k12support@mefa.org)

# Developing My Study Skills Grading Rubric

Email any questions to:  
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CATEGORY	EXCELLENT 4	GOOD 3	SATISFACTORY 2	NEEDS IMPROVEMENT 1
Sequencing of Information	The information is organized in a clear, logical way.	Most information is organized in a clear, logical way.	Some information is logically sequenced.	There is no clear plan for the organization of information.
Effectiveness	The entry includes all material needed to give a good understanding of the topic.	The entry is lacking one or two key elements.	The entry is missing more than two key elements.	The entry is lacking several key elements and has inaccuracies.
Font Choice & Formatting	Font formats (size, bold, italic) have been carefully planned to enhance readability and content.	Font formats have been carefully planned to enhance readability.	Font formats have been carefully planned to complement the content. It may be a little hard to read.	Font formatting makes it very difficult to read the material.
Conventions. Student uses proper grammar, punctuation, and spelling.	The entry has no misspellings or grammatical errors.	The entry has 1- 2 misspellings, but no grammatical errors.	The entry has 1- 2 grammatical errors but no misspellings.	The entry has more than 2 grammatical and/or spelling errors.