

Study Skills Class

Level 3-4 2 hours/week, 7 weeks

Text and Materials required:

Lipsky, Sally (2008). *College Study: The Essential Ingredients*. Upper Saddle River, NJ: Pearson.

A three-ring binder with dividers and paper

The Study Skills Class is an intermediate class designed to give aspiring academic students the academic background knowledge they need in order to participate successfully in American university classes. It is also suitable for advanced students who need extra practice in certain areas of academic background. Students will practice skills in the areas of listening and note-taking, reading strategies, test-taking, studying and time management.

Outcomes for the class include:

Listening:

- Students will be able to understand the main ideas and organization of a short academic lecture.
- Students will be able to take notes of the main ideas of lectures and readings.
- Students will learn and practice active listening behaviors.
- Students will practice pre-listening, listening and post-listening behaviors.

Reading:

- Students will identify and verbalize the main idea of a passage and a paragraph
- Students will use a variety of reading strategies to help them read efficiently.
- Students will practice pre-reading, reading and post-reading behaviors.

Study Skills:

- Students will investigate their learning attitudes.
- Students will learn about their learning style and how to benefit by it.
- Students will learn and practice a variety of time management techniques.
- Students will establish an organized study environment.
- Students will learn and practice a variety of memory-enhancing strategies.
- Students will learn and practice a variety of techniques for improving their test-taking behaviors.

This class is a supplemental course, to be given two times each week for 90 minutes each for eight weeks. Each week deals with a separate topic:

Week I: A: Introduction, establishing learning styles

B: Goal setting and action statements

Week II: A: Learning time management techniques including calendars and schedules

Choosing and developing personal time management strategies

B. Creating an orderly study environment

Week III: A. Active listening, note-taking strategies

B. Practicing note-taking strategies and post-listening activities

Week IV: A. More practice with note-taking

B. Reading strategies for academic reading

Week IV: A. Creating study guides

B. Practicing with reading strategies and study guides

Week V: A. Memory enhancing strategies

B. Practicing strategies to enhance memories

Week VI: A. Preparing for tests and reducing test anxiety

B. Learning and practicing how to take tests

Week VII: A. More practice in test-taking

B. Wrap-up: Developing a personal action plan for academic success