

# ETS Study Skills Workshop

**Objective:** To help students become aware of why study skills are important and to become more self-aware of what strategies work for them based on their own learning styles. Also, to understand that although their current study skills (or lack thereof) may work for them right now- as classes get progressively harder through high school and into college, they may run into a “wall,” so to speak.

**How to do this activity?** This could be done with one student, but the vision for this is small groups. But as always, you may adjust this to your own needs!

**Time:** 20-25 minutes

## Plan:

- 1) Ask students to rate their own current “study skills” “thumbs up to thumbs down, “1-10,” etc- whatever works for you as a scale. Ask to students to share out what some of their current study strategies are.
- 2) Go through the following activities with students to explore some key points on study skills:
  - a. “Distracted thinking:”
    - i. Students need to learn how to avoid distractions and choose a study spot that allows concentration. To demonstrate this skill, give the kids a chance to do a task both with and without distractions. Have the students write a paragraph on a topic or read a passage and then answer questions about it. The first time, make lots of noise. Turn on a classroom TV, interrupt them with talking, tap your fingers, chew gum loudly and pace the room. Ask the students how it felt to concentrate on the assignment with all of the distractions. Do the activity again without the distractions. Have the students compare how it felt to concentrate with the distractions versus without them. Of course, different students may vary with this- explain that this is OKAY, but the important piece is to know yourself and what kind of setting do you need- e.g do you need the totally silent floor of the library (explain how that works in colleges), or would you be okay with one of the lower, less quiet floors? The point to impart here is that all the other study skills a student could learn are irrelevant unless they have a study setting that works for them first.
  - b. “Prioritizing tasks:”
    - i. Time management is an essential study skill. You could have great other study skills- but if you don’t properly manage your time and task list, that

does not matter. For this activity, create a list of tasks and activities. Include both study-related tasks and personal activities. Give specifics so the kids have enough information. Or, feel free to use the sample list below. Pose it like this- “you just got home from school- rank each of these activities in the order you would do them.”

1. study for a test one week away
2. complete a job application for Dunkin Donuts
3. complete a math worksheet due tomorrow
4. Online shop for a Valentine’s Day gift for your significant other (it is October)
5. hang out with your friend
6. eat a snack
7. pack supplies for an art project you are going to work on in class tomorrow
8. write a book report due in two days- you have your rough draft done already
9. complete an extra credit assignment- you are getting a B- in that class <https://classroom.synonym.com/concentrate-homework-2241586.html>

ii. Compare the responses and discuss the reasoning behind the rankings.

c. “Memorization Challenge:”

i. Organization is a key skill for studying successfully. Use organization as the focus of a study game for kids. In this game, use the idea of writing down assignments and tasks to prioritize and stay organized. Use the following list of actions for students to do (or create your own):

1. clap five times
2. hop on one foot
3. touch your nose
4. cross your arms
5. spin around in a circle
6. clap three times
7. touch your right knee
8. touch your left elbow

ii. Say the actions out loud once. Then, ask students to do the tasks from memory. Next, do the activity again, this time giving the kids a chance to write down the actions as you say them.

iii. Discuss whether it was easier to remember the tasks with the list.

**3)** Ask students to share out their thoughts on the activities. Remind them that these activities were meant to be hard, and that all learning- including study skills is lifelong. Discuss the concept of growth mindset.

Activities adapted from <https://classroom.synonym.com/concentrate-homework-2241586.html>