

## Supplemental Activity

# Study Skills Improvement

### VIRTUES & SKILLS

Optimistic  
Future-Mindedness,  
Diligence, and  
Emotion-Regulation

Students will learn more about their study habits.

❖ MOSAIC journal/notebook

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## “Study Skills Improvement” Overview

### Day 1: Study Skills Improvement

## **Day 1: Study Skills Improvement**

### **STEP 1. Introduce the concept of study skills. (3-4 mins)**

- Have a conversation based on these questions:
  - What is “studying”?
  - What is a “study skill”?
  - Is it important to study?
  - Do you feel you see a big difference in your work when you study? (or when you don’t study!)
- Summarize by saying that middle school depends a lot on your study habits.
- There are many ways to work on getting better study skills.
- Study skills are important for getting ready for high school and college and any career.

### **STEP 2. Facilitate a discussion about study skills. (2-3 mins)**

- Ask students, ***“When do you do your best studying?”***
- Then ask, ***“When do you do your worst studying?”***
- Summarize student responses and highlight responses that you think are important for your class to understand.

### **STEP 3. Have students get into pairs (4 mins)**

- Tell students they are now paired up with a study skill partner.

- Let partners have a discussion about the similarities and differences of how they study and give advice to each other.

**STEP 4. Tell the pairs to get out their MOSAIC notebooks.** (5-6 mins)



- Each student will draw a line in the middle of the paper.
- Label the left column, “Study Skill You Plan to Improve.”
- Label the right column, “What Will You Do to Try to Improve?”
- Tell students, ***“Write one skill you want to improve in the first column.”***
- Then students should trade notebooks and write advice for their partner in their partner’s notebook about how to improve the study skill the partner has chosen.

### **FOLLOW UP**

Keep encouraging students to talk to their partner and discuss their personal study skills. Tell students they can keep the list ongoing and whenever something changes, the students can share it with their partner.

Be sure to do a check-in on study skills no less than once per marking period, to help students explicitly retain or modify the skill they chose, or add a new skill they want to improve. Ensure that they have clear plans to do so, in communication with their study skill partners.