What are study skills?

Education methods and techniques that aid effective learning, especially viewed as a set of skills that can be acquired or taught; the ability to study effectively.

Study (verb)
The act of texting, eating and watching TV with an open textbook nearby.
Get organized
Locker Life: The good, the Bad, and... the unorganized
Unorganized → Organized
Get Organized
Get digitally organized

Google Drive

Folders are your friend
Homework
Do you write down your Homework every day?
Statistics From North Middle-6th grade

2017- 6th Graders

- Yes: 55.8%
- No: 44.2%

2019- 6th Graders

- Yes: 75.8%
Why we encourage the use of agendas?

- PACING: Teaches the student how to organize and use their time wisely. The student can allot adequate time to work effectively and efficiently.
- SEQUENCE: The student can determine the order in which to complete assignments.
- INDEPENDENCE: A student who is working with an agenda accepts personal responsibility for completing the assignment.
- TIME ON-TASK: Provide students with independent practice by eliminating busywork and fostering efficient and quality use of time.
Planner

- Allows you to see all assignments to prioritize
- Allows you to see upcoming assignments and tests
- Make countdowns to major assignments and tests
- Keep track of how long assignments take

- App: MyHomework
MONOTASKING
**MonoTasking**

- **Multitaskers are more easily distracted than those who limit their time** – by trying to do more you get less done.

- **The more we allow ourselves to be distracted from an activity, the more we feel the need to be distracted.**

- **Thought Pad** – keep a notebook or piece of paper in your homework space. When you get distracted or have a thought, write it down so you have it for later.

- **App: Be Focused**
Stay Focused

Manage Tasks

Track Progress
Standardizing Home routines in order to promote executive functioning

**Executive functioning:** a set of mental skills that help you get things done

**Tips to improve executive functioning:**
- Take a step-by-step approach to work.
- Use visual organizational aids.
- Use tools like time organizers, computers, or watches with alarms.
- Make schedules and look at them several times a day.
- Ask for written and oral instructions whenever possible.
- Plan for transition times and shifts in activities.
Standardizing the home routine to improve executive functioning

2:50– 3:20 Extra help

3:20–4:00 relax, have a snack

4:00 put iphone in charging station

4:00–5:30 homework

5:30 – 6:30 dinner

6:30– 7:00 shower

7:00– 8:00 Free time

8:00–8:30 30 minutes of reading

9:00 bed and put iPhone in charging station

Suggestions to Limit Digital Distractions

Is your cell phone or iPad in your room at night?

- Yes: 54.4%
- No: 33.8%
- Sometimes: 2.1%
- Both: 1.0%
The group chat

- HW Distractibility
- Sending answers to HW
Time Management
Time Management

- Plan to go to extra help everyday after school. Not just the day before a test.
- Do not rush to get your homework done
- Keep track of your time
- Pace yourself
- Set a schedule
Study area
The bedroom: A Study Area or a disaster area?

- Limits focus
- Decreases productivity
- Diminishes sleep quality

From the American College of Information Sciences
Limit the distractions in study areas!
Study Group- The "old-school" Group Chat
Great Neck public library -  Bus # 3:45 - 44
SLEEP
Sleep

- **Sleep Deprivation** - condition of suffering from lack of sleep
- The National Sleep Foundation recommends obtaining at least 8 hours of sleep
- Research shows 60-70% of secondary students are considered sleep deprived
What effect does social media have on sleep among students and their ability to perform in school?

What does the research say?

- Reduced sleep duration
- Increased daytime sleepiness
- Reduced academic performance
- Most students sleep with phones in their beds
- ~40% of students wake up in middle of the night to check messages
- Missing morning classes
- In class behavior similar to those diagnosed with ADHD
  - Inattentive, hyperactive, difficulty concentrating
- Social jetlag – weekend/weekday
What time do you go to bed? Sleep Patterns of North Middle Students
Emotional Goals
The Middle Years: Focus on Emotional Goals in addition to Academic Goals

- Focus on the positives - Praise good study and homework habits.

- Ignoring others.

- Do Not compare! Study skills that work for one student, may not necessarily work for others. Encourage what works for you!

1. Mindful Breathing
2. Mindful Observation
3. Mindful Awareness
4. Mindful Listening
5. Mindful Immersion
6. Mindful Appreciation

https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/
“This is hard, but I know I can do it.”

“I am going to do great!”

“It’s okay to make mistakes because I will learn from them.”

“This is good, but I know I can do better.”

“Let me try again.”
Test Taking
Test Taking Tips

Geography of China Review Packet

1. What 4 physical features make up the region known as Inner China?
   - 
   - 
   - 
   - 

2. Describe the characteristics of the Taklimakan Desert.

3. What makes the Taklimakan Desert a challenging place to live?

4. Describe the characteristics of the Gobi Desert.

5. What makes the Gobi Desert a challenging place to live?

Solving Two Step Equations

\[ 5x + 3 = 23 \]

\[ \frac{5x}{5} = \frac{20}{5} \]

X = 4

padlet

Things to remember:
- Be careful with integers, all it's opposite.
- When you divide by a negative number, the answer will change.
- Keep the sign of the integer it, then you'll be exact.
- Don't forget - signs negative.

Every thing to remember, but really to many, will?

- Do not forget - signs negative.
- Be careful with integers, all it's opposite.
- When you divide by a negative number, the answer will change.

Integers Song 1:
- Same sign add and the same sign subtract: keep the sign of the integer it, then you'll be exact.
- Opposite sign: add, and the sign of the bigger number, the answer will change.

Don't forget - don't see it as the number with the negative unless it's not drawn.
What are we doing?

6th Grade Focus: Using our content to TEACH skills: Note taking, test taking, digital/non-digital organization, research, analysis, evaluation.

7th Grade Focus: How can I apply the skills I learned to my classes? Show what you know!

How can I help my child?

- Avoid oversleeping on weekends. Although catching up on some sleep on the weekends can be helpful, sleeping in until noon on Sunday will make it hard for your teenager to get back on a school schedule that night.
- Turn off televisions and computers. Television viewing, computer-game playing, internet use, and other stimulating activities at bedtime will cause problems falling asleep.
- Avoid caffeine
- Check homework... do NOT do the homework. Ask, “Can I see your _______________?”
- Google classroom password

Study Skills Rap
Questions?