

DOWNEY UNIFIED SCHOOL DISTRICT
Middle School Course Outline

Course Title: Study Skills (One Semester)
Grade Level: 7,8
Prerequisites: None

Course Description:

This course in study skills, for selected seventh and eighth graders upon teacher recommendation and student agreement, will offer instruction in the following key areas: affective skill development for adolescents, time management and organizational skills, note taking and effective listening, textbook study, study for tests, test-taking techniques, and the use of reference materials and card catalogues.

Student Performance Objectives for this Course:

Students will

1. discuss the importance of responsibility.
2. demonstrate positive communication techniques.
3. utilize assertiveness skills.
4. demonstrate problem-solving techniques.
5. demonstrate appropriate methods of better relating to others.
6. discuss the importance of better understanding themselves.
7. identify his/her learning style(s).
8. use a daily assignment sheet, monthly calendar, and "to do" list.
9. use and explain various methods for managing study time.
10. show proficiency in using reference materials and the card catalogue.
11. discuss and set academic and personal short term and long term goals.
12. practice and demonstrate proficiency in note taking skills: speed writing, "remembering" techniques, the memory-key method, and good listening skills.

Study Skills – continued

13. describe an appropriate study area and list necessary supplies.
14. demonstrate suggested methods to study a textbook.
15. demonstrate methods to study for tests.
16. explain steps in taking tests.
17. discuss the importance of study skills in his/her future and its application to the world of work.

Instructional Units

Unit

- I. Self-Esteem/Affective Skill Development
- II. Time Management and Organizational Skills
- III. Note Taking and Effective Listening
- IV. Textbook Study
- V. Test Taking Techniques
- VI. Reference Materials

Study Skills - continued

Evaluation

Student progress will be measured by:

- Class participation
- Student conference goals
- Journal writing
- Completion and quality of assignments
- Quizzes
- Homework
- Teacher observation and evaluation

Materials and Resources

No textbook has been adopted for this course.