

DOWNEY UNIFIED SCHOOL DISTRICT
Middle School Course Outline

Course Title: Exploratory Study Skills (Six Weeks)
Grade Level: 6
Prerequisites: None

Course Description:

This course in study skills for sixth graders will offer instruction in the following key areas: self-esteem, time management and organization, note taking and effective listening, textbook study, study for tests, and test-taking techniques.

Student Performance

Objectives for this

Course:

1. discuss his/her potential and set goals for his/her future.
2. explain how certain attitudes can get in the way of achieving one's goals.
3. describe how his/her imagination can be a friend.
4. discuss how one makes choices and decisions that effect one's life, including:
 - a. Immediate and long-term undesirable physiological, cosmetic, and social consequences of tobacco use
 - b. Reasons that adolescents say they smoke or use tobacco
 - c. Peer norms and social influences that promote tobacco use
 - d. Refusal skills for resisting social influences that promote tobacco use
5. describe an appropriate study area and list necessary supplies.
6. use a daily assignment sheet and monthly calendar.
7. explain the proper methods for managing study time.
8. demonstrate note taking skills: speed writing, "remembering" techniques, and the memory-key method.
9. demonstrate proper methods to study a textbook.
10. demonstrate methods to study for tests.
11. explain steps in taking tests.
12. discuss the importance of study skills in his/her future and its application to the world of work.

Exploratory Study Skills – continued

Instructional Strategies

A variety of instructional strategies may be used, including lecture and note taking, group discussion, observation, demonstration, written assignments, and audio-visual materials.

Instructional Units

Unit

- I. Self-esteem
- II. Time Management and Organizational Skills
- III. Note taking and Effective Listening
- IV. Textbook Study
- V. Test Taking Techniques

Evaluation

Student progress will be measured by:

- Teacher observation
- Completion and quality of assignments
- Attendance
- Class participation
- Homework
- Quizzes

Materials and Resources

No textbook has been adopted for this course.