

Prerequisites:

- None

Lesson Goal

The lesson goal is to empower students with study habits and skills to improve overall classwork and test scores, and to relieve some stress often accompanied by testing.

What should student learn from the lesson?

- The importance of study skills and how to create an effective plan for test preparation.
- Effective note taking

What is the in-class activity?

- Engage students in a discussion of current study habits
- Talk about effectiveness of current habits
- Engage students in a discussion of suggested habits and talk about why might be effective
- Discuss strategies

What is the takeaway for students?

- Students leave with a list of ways to improve study habits and prepare for tests with less stress.
- Students will learn strategies for test taking, test preparation, and note taking.

Materials Needed:

- Paper and pencil