

## STUDENT SURVIVAL SKILLS

- I Smoke-ups: Why and what do you do about them.  
It is important to talk with teachers to discover “why” you are failing and what you can do to improve your grade before the end of the grading period.
- II Organizational “tips”
  - Bring an extra set of PE clothes to keep in you locker
  - Organize your locker
  - Use a book Bag
  - Have a watch
  - Be on time
  - Use your assignment book
  - Complete all your homework
  - Make out a personal daily schedule
  - When you’re absent write down all make-up work in you assignment book, then do it
  - Night before school, lay out everything you need to take to school
  - Use extra time during the day to study
  - Have all your materials (books, paper, pencil, ect.)
  - Organize study time doing difficult subjects first
  - Get phone numbers of students you can call for help in each class
  - Ask for help and ask questions in class
  - Have a folder for each class, or have a notebook with sections for each class
  - Keep all papers, quiz and test papers, notes, and handouts, and homework together organized by class
  - Have zipper pocket in notebook for pens and pencils
  - Use notebook tabs to separate classes in you notebook
  - Have a set study time and place every night
  - Take notes and number or date them in order
  - Be neat with your notebook, locker, and your assignments
  - Know the school rules and individual class rules
  - Talk with teachers, keep in touch with your progress
  - Try hard to get along with classmates and teachers

- Listen in class
- Watch the teacher (pay attention in class)
- Study a little every night (do not cram the night before a test)

### III Organize your efforts

- A. Use assignment book during school, after school, and at home
- B. Use notebook-organizer sections for each class keeping all notes, quiz and test papers and handouts in order
- C. Develop a study “nook” (a place at home away from TV, radio, and telephone). It should be equipped with All study materials.
- D. Organize your time...make a study schedule for each week (study some every day)...block out time for special projects (also block your time for special events... and fun activities).
- E. Set goals...make a plan for success...then do it.

### IV How do we learn

- A. We learn by doing things...this is why homework is so important. You can listen in school, but you need to do the homework to learn.
- B. Repetition is what causes learning. We do things over and over repeating the skill...this is often called practice. Homework is your practice...do it...all of it.
- C. We learn more and better from short multiple practices...than one long session. Do not wait until the night before to study...STUDY A LITTLE EVERYDAY.
- D. It is not how much you study but how well you study that helps you learn.
- E. Why do we fail?
  1. Lazy
  2. No priorities

3. Daydreaming
  4. Procrastination
  5. Bad attitude
  6. Bad habits
- F. Motivation...a key to success
1. You must want to learn
  2. You must want to be a success
  3. Talk with parents about how to self-motivate...maybe they can help you.

V How to read and remember what you read

- A. **Preview** the material: Skim...get a general idea. Look at pictures, graphs, tables, and maps.
- B. **Question** yourself: What am I looking for? What am I expected to learn? (Read Study guide, questions at the end of the chapter or list of vocabulary words before you start reading the chapter.)
- C. **Active reading**: Use a pencil as you read...making notes about important concepts, vocabulary and information you need for the study guide.
- D. **Re-state**: You must re-state or tell in your own words the meaning of your material.
- E. **Test yourself** over the material needed.

VI. How to use your textbook to study

- A. Read the chapter title
- B. Read the Sub-titles
- C. Look at the pictures and read captions (A,B,& C are all part of the Skimming Process.)
- D. Read the sub-section questions.
- E. Read the vocab words and the questions at the end of the chapter. (Before you ever read the first word of the chapter you already know a lot about the important information in the chapter and what you need to know or learn from this chapter. Also if you have a study

guide review it too.) (D and E are part of the Question Step)

- VII. Note taking Skills (Notes help us remember what goes on in class!
- A. Use the pencil and pay attention, eye contact and listen.
  - B. Write only the important information use a good pen date and title (subject) and name notes (don't doodle).
  - C. Key words or phrases (the most important, the main reason, any information that you know to be on the study guide or in the chapter review material.) Do Not over write keep in short and to the point and use abbreviations (page, chapter, number, homework, and, government, with, without, problem, world war, etc).
  - D. Listen for lists or numbered items (leave spaces to add information.
  - E. If the teacher writes on the board copy all the information.
  - F. Develop a system of stars, checks or underlines or circles to denote importance of different material. (i.e., Circle material to be memorized, star material that will be on test, underline information found on the study guide, check information that you think might be on the test)
  - G. Keep notes in order, neat and organized.
  - H. Re-write or copy notes so that they are easier to read and neater, but also because it is a good review and an opportunity to re-think material or recite notes aloud.

