

How I Study Best
6th Grade Advisement Activity
Estimated time: 20-30 Minutes

Georgia's Teachers-As-Advisors Framework

Goal: 8-2.2 Recognize and attain performance levels necessary to reach educational and career goals.

Competencies:

- a. Recognize the importance of achievement and performance to the attainment of educational and career goals.
- b. Identify and recognize strategies for improving one's educational achievement and performance.

Objectives: Students will examine personal study habits.

Materials: Handout: "How I Study Best"

Activity:

1. *Say:* Welcome to advisement. I am glad to see you. I hope all is going well with you and your family. Today in advisement we are going to talk about your study habits. Your study habits can certainly impact your future. We want to focus on how you study best. Different people like different kinds of study environments. The important thing is that the studying is done! *Ask students to raise their hand if this environment fits them. Say:* I like to study...
 - a. With the stereo or television playing full blast
 - b. Sprawled out in the middle of books and papers
 - c. Sitting in a well-organized room with all materials in order
 - d. In complete silence
 - e. While eating snacks and drinking a soft drink
 - f. With a friend
 - g. In a study group*Say:* We all like to study in different ways. I like to study (*Insert the study environment you like best.*)
2. *Distribute the handout: "How I Study Best" Say:* Complete this questionnaire individually. You will have about 8-10 minutes to complete it. *Allow students to complete the assignment helping those that might need your help.*
3. *Say:* We will go over each question and I will ask you to raise your hand if you answered "yes" (or another response appropriate to the questions, such as time of day). I will write the numbers on the board/flip chart.
4. *Allow students to discuss* those study habits they believe are the most useful and which habits may actually hinder studying.
5. *After the discussion, ask students to list* those study habits they might want to consider and those they would disregard. *Say:* Is the way you like to study really the most effective way for you to learn? If not, then you might need to change your study habits to be more effective for you. Your grades can be an indicator of whether or not your study habits "fit" you! *Circulate to ensure students are thinking about their personal study environment.*
6. *Dismiss:* Take this handout home and share it with your family. Perhaps you and your family can discuss the best place and time for you to study. See you next time we meet. Remember study and don't forget to create your Gacollege411 account. If you need assistance, please let me know---I can help ou.

Adapted from the Floyd County Teachers as Advisors Lesson Plans, from South Dakota Teachers-as-Advisors Program
<http://doe.sd.gov/octe/TAA>

How I Study Best

Directions: Answer the questions below about how you study. When appropriate, write reasons or examples to show why this is the best way for you to study. Use the back of this page if you need more space to write.



1. Does background noise help or interfere with your ability to study? Why?
2. Do you study best with low or bright lighting? Why?
3. Do you prefer sitting upright in a chair when you study or lying down on the couch or bed? Why?
4. Do you usually have a strong interest in the material you're studying?
5. How long can you work at an assignment before giving up?
6. Can you take responsibility for your own studying or do you need someone to help you?
7. Do you have a regular schedule or time of day when you study?
8. Do you study best alone, in a pair, in a team, with friends, or with an adult?
9. How do you learn best: by watching a demonstration, listening to an instructor, reading about a subject, or doing it yourself?
10. Do you need to eat, drink, nibble, or be slightly hungry while studying?
11. What time of day do you prefer to study?
12. How much room do you need in order to move around during study time?