**Building Skills for Academic Success**

*School*: Steinmetz College Prep

*Grade*: Sophomores

*Date*: 2013-2014 academic school year

*Duration:* 1 session

**ASCA Standards**- Academic Development

**Standard A**: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the lifespan.

A: A1 Improve Academic Self-concept

 A:A1.5 Identify attitudes and behaviors that lead to successful learning

**Objectives:**

* Students will learn about improving study skills by participating in activities to identify techniques.
* Students will identify study skills for their personal use.

**Materials:**

* Student Success Report
* Flashcards
* Supplies (notebooks, pencil case)
* Here & Now handout
* Distractions handout

**Lesson Procedures:**

1. Counselors will distribute progress monitoring sheet to students and check in with them to see where they’re at.
2. Counselors will them ask students to empty out their book bags completely. IT’S TIME TO GET ORGANIZED!! Students will move to various corners on the floor or on a table and empty out their book bag. Counselors will insist that they throw out any trash (candy wrappers, broken pencils, crumbled paper). While students are emptying out their book bags, counselors will ask questions such as “how organized do you consider yourself.”
3. Counselors will then provide them with a notebook and pencil case to keep their supplies/notes organized.
4. Bring group together in a circle and distribute “Here & Now handout. Have students write and/or draw topics that may be preventing them from being present in the group. After they’ve completed this, tell each student to crumble the sheet of paper up and throw it behind them outside of the circle.
5. **Flashcard Buddy-study**: Counselors will introduce study habits that will help students improve their studying techniques. Counselors will give a flashcard to every student with either a term or definition. Students will then have to find their matching card/partner and either create a role play or draw a picture to describe the word. Students will discuss their word through their drawing or role play with the group. Counselors will then collect the cards and ask students why this activity was important or how this activity can help them with their studies.
* Counselors will explain how using flashcards can be an effective and easy way to learn and remember new information, and how a study buddy can be advantageous. If you are having trouble understanding something, then your study buddy may be able to explain it to you. You can offer the same help if there is something that he or she does not understand.

**Lesson Assessment:**

* Counselors will wrap up lesson by reinforcing the importance of study skills and how using various study techniques can help improve academic performance.
* Counselors will distribute and review **“Distractions” handout** with students.