Study Skills & Time Management

SDSU School Counseling Interns:
LeLycia Henderson & Zorayda Delgado
Lesson Expectations

- Sit up tall
- Listen
- Ask questions
- Nod your head
- Track the teacher

Delgado and Henderson (2013)
Learning Objectives

- Time Management
- Using a planner correctly
- Study Strategies

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A High School Student ....

✓ 6 CLASSES
✓ Homework
✓ Tests
✓ Projects
✓ Sports
✓ Chores
✓ Events
✓ School Activities
✓ Friends
✓ Family

What else???
Time Management

1) Make a list:
   • School assignments/tests
   • Use planner

2) Prioritize based on due dates

3) Concentrate on one assignment at a time

4) Avoid Procrastination

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Steps to Using a Daily Planner

Step 1: Write It!
Write down every assignment and important upcoming event

Step 2: Date It!
Include date assigned and date due

Step 3: Check It!
Check off assignments as you complete them

Step 4: Wish It!
Establish Weekly Goals

Adapted from Corley and Monteon (2012)
Planner Activity

- Use the weekly planner handout to write down:
  - Next homework assignment for English
  - Due date for this assignment

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Missing Assignments:
1. Subject: 
2. Subject: 
3. Subject: 

Upcoming Assessments:
1. 
2. 
3. 

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Study Strategies

- Create Study Area
- Take Effective Notes
- Use Study Tools

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Create Study Area

- Where?
- Silence or listen to music?
- Productive alone or with others?

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Take Effective Notes

- Highlight or underline key words
- Focus on main points
- Write down a “?” next to concepts you do not understand.
- Ask your teacher for help!

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Study Tools

- Flashcards
- Reading summaries
- Online tutorials
- Create study guide to quiz yourself

Delgado and Henderson (2013)
Class Activity

- Flashcards
- Reading Summaries
- Online tutorials
- Study guide
Steps to Using a Daily Planner

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Check off assignments as you complete them

Step 4: Wish It!
Establish Weekly Goals

Adapted from Corley and Monteon (2012)

http://www.youthcentral.vic.gov.au/Studying+%26+Training/Studying+tips+%26+resources/Top+ten+study+tips/#.UmRGovkWKHY

http://sunburst.usd.edu/~bwjames/tut/learning-style/stylest.html

https://www.fcs.uga.edu/ext/pubs/time_management.pdf

Cornell Notes Picture

http://world.edu/turn-your-notes-into-writing-using-the-cornell-method/