



**DIGITAL
LEARNING
TREE**

in partnership with

UND UNIVERSITY OF
NORTH DAKOTA
PROFESSIONAL DEVELOPMENT FOR EDUCATORS

T&L 2900 – Study Skills

Course at a Glance

Instructor/Presenter: Bonnie Terry

Length: 30 hours, complete in four months

Dates: Rolling admission

Number of Professional Development Credits: 2, from the University of North Dakota

Introduction

Study Skills are critical to the growth of students and their ability to succeed not only in school, but in life as well. The ability to plan and organize your time is critical to both the ability to study effectively and the ability to take useful notes.

Research studies show that study or ‘soft’ skills have a critical impact on school performance. Students lacking study skills have not learned the key skills that can make them successful, organized, efficient, and effective learners. When students learn study skills, they perform better on all tests, including standardized tests, because they know HOW to learn. As a result, they retain more content in less time.

According to Dr. Sandra McGuire, Associate Dean from Louisiana State University, students “typically don’t have study skills (and) learning strategies in place. And, unfortunately, many students give up when they encounter difficulty.”

There is a 45% increased likelihood that “**struggling**” high school students would not drop out of high school if they took a study skills class. Instead, many would go on to college and even graduate with a degree.

<http://researchnews.osu.edu/archive/lrngclas.htm>

There is more than 300% increased likelihood that “**average**” high school students would be more successful, with more even graduating from college if

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they took a study skills class! Ohio State University “study skills” study: <http://researchnews.osu.edu/archive/lrngclas.htm>

Imagine the impact study skills such as time management, planning, improving memory skills, note taking, and studying would have on students if study skills could first be learned in middle school and then reinforced in high school. Imagine what these soft skills, these study skills, will do for students both in college and after college?

Study Skills gives all students the leverage they need to move forward so they can process, absorb, comprehend, and utilize what they have learned. Study skills reduces the ‘shut down’ that happens in the brain when you have one or more systems of perception not working as well as they should be. Study skills reduces the strain on the brain. Specific strategies allow every student, even those with learning challenges, to strengthen their brain, organize their thoughts, and thrive.

This study skills course is designed for everyone involved with learning. It is a perfect fit for:

- General educators
- At-Risk educators
- Special educators and RTI
- Middle School and High School students
- Teachers and Tutors wanting to teach Study Skills after school
- Parents of middle school and high school students
- ADHD & Autism

This online, self-paced program can be started and completed at the student’s own leisure **within four months from the start date of the course.**

Learning Objectives

After completing this course, educators will:

- Learn how you learn and how to learn more effectively
- Learn to be organized
- Learn to listen effectively
- Improve memory skills and boost confidence
- Learn to manage time wisely and learn more easily
- Improve overall learning skills
- Improve note-taking skills and how to use notes effectively

- Learn how to effectively prepare to take tests

This DLT Study Skills course will teach you how to improve study skills in just minutes a day. This is critical, because **research demonstrates that study skills that include growth mindset improves motivation by a factor of 3x!** This data comes from Carol Dweck, Ph.D., author of the landmark book, *Mindset*. With these skills, students take more ownership over their learning. Confident students challenge themselves!

Reference materials include a list of resources for both teachers and parents who would like more help or information with study skills.

A wealth of experience, research and knowledge has gone into developing this Study Skills Course, designed to provide you with skills, training and strategies that can be used at home, in the classroom, or in the field. It is specifically designed to help all teachers, parents, and anyone involved with learning to improve student success, in just 22 hours of training.

I have discovered that teachers will NOT implement classroom strategies unless it meets these four criteria:

1. It has to be inexpensive (FREE is BEST).
2. It has to be EASY to implement.
3. It has to save a teacher time, effort, or work.
4. It has to result in an increase in student learning or engagement (BOTH is BEST).

In my roles as an educational therapist, educational consultant, learning disabilities specialist, an ADHD expert and author for the past 40+ years – I have been exposed to hundreds of educational strategies and techniques. To meet educator needs, I have put together a collection of my “Top Strategies and Best Practices” that educators can integrate into their lessons tomorrow!

Course Objectives

After completing this course, educators will:

- Understand what study skills can do for every student
- Know practical strategies to teach study skills
- Be organized and teach organizational skills so all of their students succeed
- Manage time and teach time management
- Listen effectively and teach effective listening

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- Improve memory skills
- Improve test taking skills for all students

Session Topics

- 1. Getting Started Studying
- 2. Strategic Planning and Organization for Success
- 3. The Brain and How We Learn
- 4. Using Multiple Intelligences with Learning Styles
- 5. Creating a Success Mindset
- 6. Mnemonics
- 7. The Power of Color-coding
- 8. Memory Exercises
- 9. Improve Your Focus
- 10. Time Management
- 11. How to Plan Breaks and What to Do During Them
- 12. The Power of Graphic Organizers
- 13. Taking Notes While Listening to Lectures or Reading Part 1
- 14. Taking Notes While Listening to Lectures or Reading Part 2
- 15. Working With Your Notes
- 16. Test Taking Strategies
- 17. Advanced Study Tips and 11 tips and strategies for improving test performance
- 18. Review

Methods of Instruction will include:

- Individual lessons
- Multiple-choice quizzes
- Assignments
- PowerPoint presentations (200 + slides)
- Final application assignment

Text and/or Other Materials

Video, screen captures, multiple-choice quizzes, and PowerPoint presentations are provided by the instructor in this online course. There are NO required textbooks.

Assignments & Grading Percentages toward Final Grade

This course has four assignments, including a final application assignment. The course includes four multiple-choice quizzes plus a final which is multiple-choice.

The final assignment encourages participants to integrate what they have learned during the course into an applicable study plan.

Percentage of Course Credit:

Quizzes 70%

Assignments 30%

Grading

This online course uses Letter Grading (A – F) or Satisfactory/Unsatisfactory (S/U). The grading option must be selected at the time of course registration.

The course administrator will review students' answers and provide feedback. Students will be evaluated on their quiz grades, assignment presentation, and the quality of all the assessments required for this course. There is an opportunity for the students to repeat the quiz twice should they fail.

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life, Section 3-3 at <http://sos.und.edu/csl/>.