 Attributes of a Successful Student

**School Counselor**: Mr. Baker **Date**: 5/14/2015

**Activity**: Improving Study Skills

**Grade(s)**: 9th grade

**ASCA Student Standards (Domain/Standard/Competencies)**:

Academic Development

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

A:A2.1 Apply time-management and task-management skills

A:A2.2 Demonstrate how effort and persistence positively affect learning

A:A2.3 Use communications skills to know when and how to ask for help when needed

A:A2.4 Apply knowledge and learning styles to positively influence school performance

**Learning Objective(s)**:

1. Students will learn study skills and test taking skills that will result in reduced anxiety

2. Students will recognize academic anxiety

3. Students will learn how to cope with test anxiety

**Materials**:

Pre/post test

“EduGuide, Improve my High School Study Skills” handout

Odessa Learning Style Inventory and Assessment handout

Writing materials – pens or pencils

**Procedure**:

1. The school counselor begins the lesson plan by explaining that in today’s session we will be learning study and test taking skills that will prep them for success in high school.

2. The school counselor will then distribute the “EduGuide” handout; reading the main ideas of each section with examples on how the student may use the study skill.

3. The school counselor will then distribute the “Odessa Learning Style Inventory and Assessment” handout. Students will be asked to score their own assessments.

4. The school counselor will put a sign on three corners of the room for visual, kinesthetic/tactile, and auditory learners. The students will go to the corner of the room that matches their inventory and assessment results.

4. The school counselor then asks the students to collaborate amongst their “learning group” about how they can prepare for an upcoming assignment/test and to make a plan, reminding students they may benefit by finding study partners/groups.

**Plan for Evaluation: How will each of the following be collected?**

Process Data: 634 freshmen participated in the “Attributes of a Successful Student” lesson plan.

Perception Data: The number of students that indicated they want to improve their study skills decreased from 58% to 40%.

Outcome Data: Freshman on Track will increase from 87.3% to 92%

Follow Up: In two weeks, the school counselor will meet with the students who participated in the “Improving Study Skills” activity and didn’t demonstrate acquired knowledge of the post test.