**Study Skills Group**

**Opening & Introduction**

Have each group member tell the rest of the group one thing they like to do, something they like to eat, or somewhere they like or would like to go.

**Establish Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

* **Someone is hurting you**
* **You are hurting someone else**
* **You are hurting yourself**

**Game:**

* *What do you know? / Dice game*
  + *Jumbo Popsicle sticks with questions on them to get to know everyone a little better!*

**What is this group about?**

* Study Skills
* What does having good study skills mean to you?

**Activity:**

* Bingo Study Skills Game – talk about each one with students and why each study skill is important to have.
* Have to cover WHOLE board – 9 spaces

**Materials:**

* Bingo Game
* m&m’s for markers
* Dixie cups & a spoon for m&m’s to pass out to students

**Closing**

* Strategy Sheet-Pick one strategy & see how well you can achieve it this week!

**Study Skills Group #2**

**Welcome & Check-in**

* What study skills strategies were you able to use this week??

**Establish Group Rules**

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Activity

* *Messy Desk Blues*
* X of things that don’t belong
* Write on the bottom “What could you do to get your desk organized?
  + Throw it away
  + Put it somewhere else
  + Give it back to library?

Game

* *What’s More Important?*
* What does it mean to have priorities??
* Put priorities on cards: Is this more important than that? Have students place cards on game board for (must do today, could wait until tomorrow, could wait until the weekend)

Discussion Questions:

* Why is it difficult sometimes to stay focused on what you need to get done?
* How does staying organized help us in getting our priorities done?

Closing

* Challenge Organize desk!!

**Study Skills Group #3**

**Welcome & Check-in**

* What study skills strategies were you able to use this week??

**Establish Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

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Activity

* *Give Yourself a Break!*
* Relax and review instructions to avoid feeling frustrated
* Discuss helpful hints for dealing with frustration

Activity #2

* *Pick a Pooch*
* Follow directions and cross out the ones that don’t belong
* Was it tough to follow directions?
* Why is it frustrating when you are reading a question and you don’t know what it is asking?

Strategies

* Reread instructions
* Reread the section of the book related to assignment
* Take a short break – get a drink of water, restroom, breathing exercises
* Ask your teacher or parents for help
* Use a sheet of paper to cover the assignment so you can only see the portion of the page you are working on
* Divide the assignment into smaller, more manageable tasks & do one part at a time

Closing

* Use your new 3x5 card to help focus on what the question is asking

**Study Skills Group #4**

**Welcome & Check-in**

* What is the most difficult thing in school that distracts you from getting your work done?

**Establish Group Rules**

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* **You may pass if you need to**
* **Have FUN!!**

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Activity

* *Follow Your Nose -* How to follow directions worksheet
* Carefully explain directions
* See how many students start filling out the homework because at the end it says if you did not complete the homework you followed directions

Activity #2

* *Order Counts –* put duties in order for different tasks – Write a book report, Prepare a meal, and Plan a camping trip.
* *Zap Distractions* – Write down distractions that happen to you when you are trying to study at home. What would be a solution to different distractions
* Discuss.

Closing

* Door Hanger
* Try using your solutions you wrote down about getting away from distractions. Come back and tell the group if it worked or not!

**Study Skills Group #5**

**Welcome & Check-in**

* What study skills were you able to use this week?

**Review Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others & Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

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Activities

* *School is My Job!* Pledge to do well in school and ask questions when they need to!
* *Goal Setting –* have students set one or two goals for the future
* *You are a Good Student* – Last day coloring sheet
* Pass out 7 tips to effective test taking & their caps for their key chains!!

Closing

* What is the one study skill you will remember after group is over?