
N A V I G A T I O N 1 0 1

GRADE: 6

LESSON: 7

THEME: IMPROVING ACADEMICALLY



LESSON GOALS:

- Help students continue their transition into middle school by sharing study skills and tips.
- Help students assess their work and develop an **Academic Inventory**.

ESSENTIAL QUESTIONS:

- How am I doing?
- How can I do better at school?

MATERIALS NEEDED:

- **Academic Inventory Handout** (*next two pages of this lesson plan*)
- **Study Skills Handout** (*final page of this lesson plan – share with parents too*)
- **Information about students' grades and/or assessment results** (*from your lead advisor*)

CLASSROOM ACTIVITIES:

1. **Discuss how classes are going.** Students have now had time to adjust to middle school. They should have a good sense of how they are doing. Discuss students' classes and their grades to date, as well as other assessments students have completed. How are they doing with their classes? Are they keeping up? You may wish to refer some students for more help. (*5 minutes*)
2. **Discuss how to improve performance.** Ask students about the factors that have contributed to their performance in their classes. How important is attending class? What about completing homework assignments? How many students feel they simply do not understand what is being taught in class? Distribute a copy of the **Study Skills Handout** and review how students can do better simply by studying in a careful and organized way. (*5-10 minutes*)
3. **Have students develop an Academic Inventory.** Distribute a copy of the **Academic Inventory** to each student. Help students use information about their grades to complete the handout and then develop a plan to improve their academic performance. Ask students to file their plans in the Academic Development section of their portfolios. (*10 minutes*)

STUDENT PRODUCTS:

- **Academic Inventory.** Each student should complete an Academic Inventory and file it in the Academic Development section of his or her portfolio.



ACADEMIC INVENTORY - Gr 6



Name: _____ Grade: _____ Advisor: _____

Please use information about your grades to answer the questions on this handout.

HOW ARE YOU DOING IN YOUR CLASSES THIS YEAR?

(Note your grade and whether you think you are doing well or not.)

Language Arts: _____

Math: _____

Science: _____

Social Studies: _____

Elective (): _____

Elective (): _____

What factors contributed to your performance?

- Studying at home or at school
- Finding new ways to study to manage your middle school workload
- Turning in homework assignments on time
- Attending class
- Working with a tutor at school
- Getting extra help from a teacher
- Attending a catch-up study session
- Other: _____



ACADEMIC INVENTORY, Continued

WHERE ARE YOU DOING WELL?

In which classes did you do best?

Were you surprised at how well you did?

Why do you think you did so well?

WHERE DO YOU NEED TO IMPROVE?

In which classes do you need to improve?

Were you surprised that you didn't do as well as you expected?

How can you improve?

WHAT IS YOUR PLAN TO DO BETTER ACADEMICALLY? *(Please write a short response about how you can strengthen your academic performance.)*



STUDY SKILLS TIPS



How do you do in your classes? Do you understand what your teachers are teaching? Do you remember what you've learned when it's time to take a test? Do you think you study smart?

STUDY TIP 1: ATTEND CLASS

This sounds pretty obvious, but it's the most important part of doing well at school. If you're absent a lot or just skipping class, you miss your primary way of learning.

How is your attendance? What can you do to make it better? (Obviously, you shouldn't come to school when you're sick, but are you missing school for less important reasons?)

STUDY TIP 2: LISTEN AND TAKE NOTES

It doesn't help to have your body in the classroom if your mind is somewhere else! When you're in class, make sure you listen carefully. If you don't understand something your teacher says, ask a question.

You should also take notes to help you remember what you're learning. Your teacher might write important points on the board or give you a handout to highlight important facts. Make sure you copy this information into your own notebook.

STUDY TIP 3: REVIEW AT HOME

This tip is also pretty basic: if you are assigned homework, do it! Your teachers don't assign homework just for the fun of it. They assign homework to help you review what you've learned and make sure you understand what you're doing in class.

If your teacher asks you to read something, take notes on the important points. Review your notes to make sure you understand. You might also want to have a parent or friend quiz you on what you've read. Do you remember what you've read? Did you understand it?

When it's time for a test, go over your notes, your homework assignments, and your textbook. If you kept up with the work in class, you should be able to remember everything you need for a test.

A FEW MORE STUDY TIPS

- Avoid distractions when you study. Turn off the TV, don't talk on the phone or text message.
- Write down your assignments in a calendar or planner. That way, you'll have a good list of what's required for each class and when it's due.
- Think about what books you need at home. Before you leave school each day, decide which of your notebooks and text books you should take home. That way, you'll be able to do all your work.

