



**Class Title:** Blue Executive Function and Study Skills

**Teacher Name:** Amanda Metz

**Class Day:** Friday

**Class Size:** 10

**Class Cost:** \$60

**Class Fee:** \$96

**Ages or color group served:** Blue

**What level is this class:** Level 2

**Prerequisites:** Able to read by sounding out. It's ok if they still need some help with larger words. Must be able to write and phonetically spell.

**Graduation Requirements:** Completion of 80% of the homework assignments and pass their final Ice Cream test.

**Homework Requirements:** Worksheets will be sent home that will need to be completed for the next class and short study assignments will be given to practice the study skills talked about in class.

### **Class Description:**

This class is to help students learn how to set goals, give their best effort, stay focused, get organized, and use time wisely. They will also learn different study techniques, test-taking strategies, and how to deal with test-taking anxiety.

#### **Week 1:**

Exploring and creating goals. Introduce goals, components of a good goal, and setting smart goals. Apply self-motivation and self-direction to learning. Identify long and short term academic goals and social/emotional goals.

#### **Week 2:**

Giving your best effort. Students will identify what different levels of effort look like in behavior and outcome. Students will self-assess their own level of academic effort.

#### **Week 3:**

Ignoring distractions and staying focused. Students will identify examples of inside vs outside the brain distractions and will practice strategies to ignore distractions.

#### **Week 4:**

Organization. Students will learn what being organized means and how they can apply that to their learning and life and will come up with an action plan . Students will self-assess their own level of organization.

#### **Week 5:**

Time Management. Students will learn the importance of using their time in productive and helpful ways, and will identify ways in which they could use their time more wisely.

### **Week 6:**

Students will begin learning about study skills and what it means to study. Students will revisit what they discovered about distractions from Week 3 and start learning study skills such as: mnemonic devices, highlighting, and creating flashcards.

### **Week 7:**

Students will continue to learn different study skills such as: doodle pages, refreshing their notes, creating memorable rhymes, developing acronyms, and creating their own quizzes.

### **Week 8:**

Students will work on and refine the study skills they have learned as well as discover what works best for them. The students will be given a short article about The Science of Ice Cream. They will have to use their learned study skills to highlight, take notes, make flashcards, etc. to prepare for their final exam Week 12.

### **Week 9:**

Students will work on and refine the study skills they have learned as well as discover what works best for them. The students will continue studying The Science of Ice Cream.

### **Week 10:**

Students will learn about how to mentally and physically prepare themselves for a test and learn some test-taking strategies such as: circle, highlighting, or underlining key phrases on the questions and answer choices. The students will continue studying The Science of Ice Cream.

### **Week 11:**

Students will learn about test-taking anxiety and what they can do to prepare for a test. They will also revisit what they learned in week 2 about giving their best effort and how that plays into test taking. The students will continue studying The Science of Ice Cream.

**Week 12:**

Students will take their Science of Ice Cream test and then have an ice cream party!