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## *Study Habits*

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### *Goal:*

The goal of this lesson is to help students think critically about their study skills, identify the areas they need to improve, and support them with the tools necessary to foster success skills. The lesson will help them understand their responsibility to be active learners.

### *Objectives:*

*By the end of the class, students should be able to:*

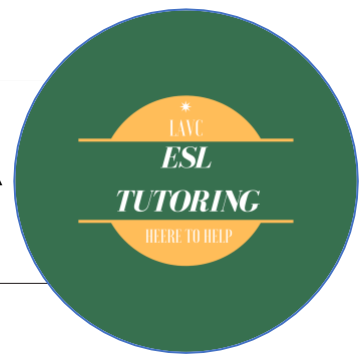
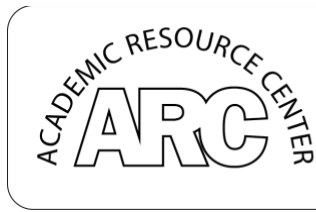
- demonstrate understanding of successful study habits
- use the information to metacognitively reflect about their own study habits
- evaluate and produce a paragraph/essay reflecting about their own study habits and the key strategies they can use to address their study needs
- they will produce a plan that will best address their needs over the semester

### *Warm up Discussion:*

- Students think about the questions and share in pairs:
  1. What do you do when you have a hard time studying or understanding the assignment?
  2. Do you have any strategies that help you study?

### *Instructions:*

- Instructor reviews the Self- Assessment Handout for the class
- After the review, watch one of the videos included below to discuss study skills:  
Study Habits: <https://www.youtube.com/watch?v=CPxSzyIRCI>  
Smart Study Skills: <https://www.youtube.com/watch?v=VJbKXmujl00>  
How to Build Study Habits: <https://www.youtube.com/watch?v=BY4vI0UVkT0>



*Student Work:*

- Students review the Self-Assessment Handout on their own to see if they have any questions
- Students explain their understanding of the questions in pairs
- They complete the Self-Assessment Handout

*Group Work:*

- In groups, students share with their results
- They share strategies that they can use to address their study needs

*Reflection:*

- Before the writing activity, students can watch this video on Growth Mindset:  
[https://ed.ted.com/best\\_of\\_web/grZmOV7R/review\\_open](https://ed.ted.com/best_of_web/grZmOV7R/review_open)

Students write one paragraph to summarize their results, metacognitively reflect about their learning process, and the strategies they can use to help them address their challenges as a result of the class discussions.

*Extension/Homework:*

- A) Review the ESL Tutoring Online Lab Study Skills section and identify two strategies that can help you study more efficiently. Explain those strategies in your own words and think about the ways you can use these to improve. Be specific and bring examples.

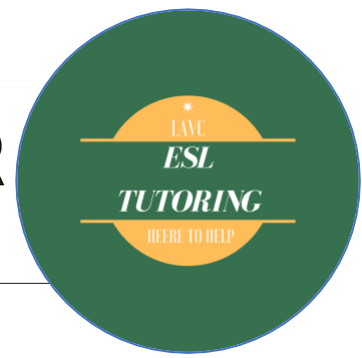
*Suggested Topics:*

- Growth Mindset
- Short Term vs. Long Term Memory
- How Memory Works
- How to Take Notes
- Organizing Your Time
- Why We Procrastinate



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- B) Write a process analysis essay in which you discuss the key strategies of successful reading after reviewing “Reading and Studying Textbooks” page on ESL Online Lab Study Skills section (<https://esltutoringlavc.weebly.com/online-lab.html>.) Think about the ways you can use these strategies when you have to read and memorize information.
  
- C) Write an essay in which you summarize your survey results and explain how you can use Growth Mindset to improve. Bring specific examples after you summarize Growth Mindset in your own words.

*For more resources, refer to these websites:*

<https://esltutoringlavc.weebly.com/online-lab.html>

<https://www.canyons.edu/academics/faculty/perezc/studyskillsresources.php>

<https://www.educationcorner.com/study-skills.html>

<https://courses.lumenlearning.com/collegesuccess-lumen/>