

Why Study Skills?

Layer 1: Collect Prior Knowledge

This Scorecard lists common challenges for students, that this course helps to solve. It provides a course preview and measures progress by comparing “before” and “after” responses; you’ll retake it at the end to see your improvement.

IMPORTANT NOTE... If you have already taken this Scorecard in the software, DO NOT repeat it again; skip these 2 pages and advance to the next section.

The Scorecard – page 1 of 2

Directions: Rate yourself on the following scale.

#	Do you...	Pre-Score					Lesson #
		Always	Sometimes	Never			
1	Feel incapable of being successful in school?	1	2	3	4	5	2
2	Feel ‘dumb’ or less intelligent than others?	1	2	3	4	5	
3	Feel that you are often slower at learning new things compared to others?	1	2	3	4	5	
4	Think your intelligence and abilities cannot change over time?	1	2	3	4	5	3
5	Study just to pass tests rather than to truly learn the information?	1	2	3	4	5	
6	Give up easily when tasks become difficult instead of trying new strategies to overcome challenges?	1	2	3	4	5	
7	Feel homework and studying take up too much of your free time?	1	2	3	4	5	4
8	Struggle to balance schoolwork with personal time for hobbies and socializing?	1	2	3	4	5	
9	Often delay starting homework or studying until the last minute?	1	2	3	4	5	
10	Fail to set and stick to your academic goals?	1	2	3	4	5	5
11	Lose focus and feel overwhelmed by your schoolwork?	1	2	3	4	5	
12	Find it difficult to handle multiple tasks without feeling overburdened?	1	2	3	4	5	
13	Struggle to manage time or feel homework takes too long?	1	2	3	4	5	6
14	Have trouble remembering due dates and/or test dates? Do you often have late/missing work or are unprepared for taking quizzes/tests?	1	2	3	4	5	
15	Feel that your parents nag too much or fail to give you advance notice about events and tasks?	1	2	3	4	5	
16	Lose your homework before you get home to do it?	1	2	3	4	5	7
17	Complete your homework but then lose it before you can turn it in?	1	2	3	4	5	
18	Bring the wrong folders/notebooks to class or struggle with an overly heavy bookbag?	1	2	3	4	5	
19	Have difficulty keeping your digital and paper files organized and easily accessible?	1	2	3	4	5	8
20	Get distracted by clutter in your personal spaces and waste time searching for items?	1	2	3	4	5	
21	Lose things or forget school supplies because of a messy bookbag?	1	2	3	4	5	
22	Lose items and time due to a disorganized locker?	1	2	3	4	5	9
23	Feel rushed and/or stressed getting ready for school in the morning?	1	2	3	4	5	
24	Miss fun activities because homework and school take up too much time?	1	2	3	4	5	
25	Feel stressed or overwhelmed by your daily and school tasks?	1	2	3	4	5	

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The Scorecard – page 2 of 2

#	Do you...	Pre-Score					Lesson #
		Always	Sometimes	Never			
26	Feel overwhelmed or bored when reading textbooks?	1	2	3	4	5	10
27	Need a long time to read nonfiction, particularly textbooks?	1	2	3	4	5	
28	Find it difficult to understand or remember content from textbooks and nonfiction?	1	2	3	4	5	
29	Hesitate to ask for clarification, help, or contribute to class discussions?	1	2	3	4	5	11
30	Find it difficult to manage roles in group work?	1	2	3	4	5	
31	Find it challenging to resolve conflicts with classmates?	1	2	3	4	5	
32	Struggle to pay attention during lectures or instructional videos?	1	2	3	4	5	12
33	Have trouble taking good notes?	1	2	3	4	5	
34	Struggle to organize your notes for later study?	1	2	3	4	5	
35	Feel overwhelmed and/or bored by having to study and learn new information?	1	2	3	4	5	13
36	Study hard yet still feel disappointed with your grades?	1	2	3	4	5	
37	Struggle to adapt your study strategies for different subjects?	1	2	3	4	5	
38	Dread having to learn the meanings of new terms?	1	2	3	4	5	
39	Experience anxiety or nervousness while taking tests?	1	2	3	4	5	14
40	Begin answering test questions immediately without first reviewing them to plan your strategy?	1	2	3	4	5	
41	Lack confidence in using different strategies for various test types, such as multiple choice, true/false, fill-in-the-blank, and essay?	1	2	3	4	5	
42	Feel overwhelmed by writing assignments?	1	2	3	4	5	15
43	Struggle to organize your thoughts and/or research for a paper?	1	2	3	4	5	
44	Struggle to compose your thoughts and research into clear sentences and paragraphs?	1	2	3	4	5	
45	Feel overwhelmed by the number of grammar and punctuation rules to learn?	1	2	3	4	5	16
46	Struggle to remember and correctly apply grammar rules when writing?	1	2	3	4	5	
47	Hesitate to write due to confusion over grammar and punctuation rules?	1	2	3	4	5	
48	Feel fear or anxiety over speaking in front of an audience?	1	2	3	4	5	17
49	Feel overwhelmed preparing content for presentations?	1	2	3	4	5	
50	Find it challenging to gather content and coordinate visual aids for a presentation?	1	2	3	4	5	
51	Feel shocked or disappointed by grades on your report card?	1	2	3	4	5	18
52	Fail to set and track goals effectively?	1	2	3	4	5	
53	Get discouraged by setbacks and lose focus?	1	2	3	4	5	

Why Study Skills?

Layer 2: Connect New Information

Key terms

The following terms and concepts are introduced in this lesson:

- **study skills:** techniques for learning more in less time, with better long-term recall.
- **soft skills:** ability to manage oneself, learn/work, and communicate with others. Synonymous with “study skills,” but used in workplace settings.
- **learning strategies:** another term for study skills; techniques for learning more in less time, with better recall.
- **employability skills:** ability to reliably adapt to changing needs in a workplace. Synonymous with “study skills” but refers to the value an employee can provide.
- **executive function skills:** ability to manage oneself, including: planning, organizing, and learning. Synonymous with “study skills,” but includes settings beyond school.
- **80/20 principle:** the idea that 20% of efforts lead to 80% of results, emphasizing efficiency.

Sections

This lesson includes the sections below. Use this information to guide your note-taking and track your progress through the lesson.

A. Welcome to SOAR®!

B. Why learn study skills?

C. What we will learn...

D. The 80/20 of school... and life!

E. How does this course work?

F. About each lesson...

Name: _____ ID#: _____ Date: _____

Lesson #

1

Why Study Skills?

Layer 3: Confirm Understanding

Apply + Practice

Directions: Based on items from the Scorecard and the Table of Contents, list three topics that could be most useful to you. For each, explain why you are interested in the topic and describe a positive outcome you hope to achieve.

Topic	Why are you interested in this topic? Or, what is inspiring your interest in this topic?	What outcome(s) do you hope to achieve in this area?*

*NOTE: Avoid using the word, "better." Instead, provide measurable details like scores, time limits, frequency, etc.

Rubric: Apply + Practice

Directions: This rubric is to help you and your teacher evaluate your progress on the Apply + Practice activity.

CRITERIA	EXCELLENT (4)	SATISFACTORY (3)	NEEDS IMPROVEMENT (2)	POOR (1)
Topic Identification	Three relevant topics from course material identified clearly.	Three topics identified, relevance or connection to course unclear.	Fewer than three topics identified or relevance vague.	No topics identified.
Interest and Inspiration (Per Topic)	Detailed explanation of interest and specific inspirations.	Interest explained; lacks detail or specific inspirations.	Minimal or no explanation of interest.	Interest not explained.
Desired Outcome (Per Topic)	Specific, measurable, realistic outcome for each topic articulated.	General outcome stated; lacks specificity, measurability, or realism.	Vague or unrealistic outcome mentioned.	No outcome mentioned.

Total points: _____ / _____