



Miles Jones Foundation Study Skills Services Lesson Plan

Location:

Miles Jones Foundation, 1014 Starr Ave, Toledo, Ohio 43605

Contact Information:

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Lesson Title: Effective Study Habits and Time Management

Grade Level: Middle School (6th–8th Grade)

Objective/Standard

Students will be able to identify and apply effective study habits and time management strategies to improve academic performance and manage their workloads more efficiently.

Standards Addressed:

- **Academic Achievement Standard:** Develop skills necessary for success in academic tasks, including organization, focus, and task prioritization.
 - **Learning Strategy Standard:** Apply strategies to learn, retain, and understand new information effectively.
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Activity

1. Introduction (10 minutes):

- Discuss the importance of good study habits and time management in achieving academic success.
- Engage students in a brief discussion about their current study routines and challenges they face with managing time.

2. Group Activity (20 minutes):

- Divide students into small groups. Each group will brainstorm and create a list of effective study habits (e.g., taking breaks, minimizing distractions, organizing materials).
- Next, each group will create a sample weekly schedule that includes time for study, extracurricular activities, and relaxation. Provide printed templates to guide their work.

3. Presentation and Discussion (10 minutes):

- Groups will present their study habits and weekly schedules to the class.
- As a class, discuss which habits and schedules seem most practical and why.

4. Teacher-Led Demonstration (10 minutes):

- Introduce a study technique called the **Pomodoro Technique** (work for 25 minutes, then take a 5-minute break).
- Walk through a mock scenario where students use this technique to study for a subject, showing them how to break tasks into manageable chunks.

Assessment of Understanding (10 minutes)

- **Exit Ticket:** Ask each student to write down one study habit or time management strategy they learned and how they plan to use it in their own academic life.
- **Reflective Questioning:** At the end of the lesson, ask students to share how they will change their current study routine based on today's discussion.

Follow-Up

- In the next session, students will bring back their weekly schedules and discuss any changes they made or challenges they faced in implementing the new study habits.