

DOUGLASS

K-8



The Jewel of North Memphis



Student Efficacy Study Habits

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WE ARE..... DOUGLASS!

WE ARE....

DETERMINED

OPTIMISTIC

UNITED

GO GETTERS

LEADERS

AMBITIOUS

SUCCESSFUL

SSCHOLARS

Core Values

It's Time to Be Awesome!



<https://www.youtube.com/watch?v=RwLhUcSGqgs>

Classroom Norms

- ▶ **S** = Strive for excellence by always doing your best!!
- ▶ **T** = Take time to consider others. Be respectful, take turns, and listen.
- ▶ **A** = Always follow my directions.
- ▶ **R** = Raise your hand to speak and wait to be called on.



Purpose of Orientation

To teach students that:

- ▶ Smart is something you gain not what you are born with
- ▶ Time Management/Study Skills can lead to Success!
- ▶ Working **harder** and more **effectively**, with a **self-directed** approach will bring “BIG” Results
- ▶ You can overcome past difficulties in subjects that were hard for you.

What is Efficacy?

The Belief in your ability and the ability of others to become successful



Student Efficacy

The strategies for success include you as a student and individual working **harder** and more **effectively**, and using a **self-directed** approach to learning (you must become motivated to learn and put effort into it).

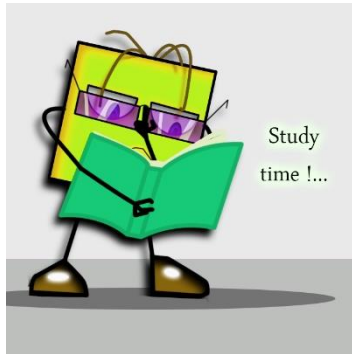
We will learn/discuss **three** efficacy concepts over the course of the year:

1. The “Get Smart” Method
2. The Data → Feedback → Strategy Method
3. Strong Side vs. Weak Side

Concept 1: Get smart method

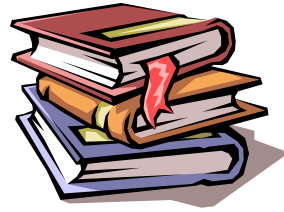
Why Teach the “Get Smart” Method?

Students, because of their past failures/difficulties, may **not believe** that their effort will get them to proficiency, and/or that the **adults** in their lives believe in them and will do whatever it takes to help them become proficient.



Study Habits

- ❖ Motivation is the key to success in school.
 - Intrinsic motivation: because you want to do good for your self
 - Extrinsic motivation: because you want good grades, a reward, etc...
- ❖ Self-motivation keeps you coming to school everyday, studying, and paying attention in class.
- ❖ Outer motivation is the praise, honors awards, and the grades you receive.



Study Habits

Learn How to take the Time to Study: it takes time

- ❖ Set up a schedule: Time Management
- ❖ Study 10-15 mins and then increase your time as you become comfortable (goal = 1 hour)
- ❖ Take breaks between studying: don't try to cram
- ❖ Reward yourself: after studying eat a snack, talk on the phone, or play a game (make time for other things too)

Study Habits

- ❖ Find a good place to study
- ❖ Study in the same place each time
- ❖ Make sure it is a quiet place
- ❖ Stay in tune with your emotions: calm down when studying-this helps you to stay calm during testing





Study Habits

- ❖ GO TO CLASS
- ❖ PARTICIPATE IN CLASS
- ❖ GET MISSED ASSIGNMENTS WHEN YOU ARE ABSENT
- ❖ RESPECT YOURSELF AND OTHERS DURING CLASS!
- ❖ TALK TO YOUR TEACHERS!!!! COMMUNICATION IS KEY TO SUCCESS....
 - ❖ ASK FOR HELP!!!!
 - ❖ STAY ORGANIZED!!!!

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