

Department: Elective

Course Name: My Notebook

Course Description:

Students will learn and practice skills necessary for academic success. This course is especially helpful for students transitioning to Hampton Roads Academy and for those who are still working on perfecting personal organization and effective study habits. The content and practices listed below will be explored and applied to current coursework in this first semester elective offered to 8th graders.

Content:

Note-taking methods

Reading strategies

Text analysis

Effective study skills

Time management

Organization

Test taking strategies

Skills:

Explore and practice various note-taking strategies

Analyze and practice effective reading strategies

Develop organization, planning and study skills

Develop and apply test taking strategies

Explore time management practices

Develop executive function skills relating to self-control, flexibility, working memory and self-awareness

Apply effective essay writing skills to current assignments

Text and Materials:

Self-Regulated Learning by Norman Brier

Train Your Brain for Success by Randy Kulman, PhD.

The Empowered Student by Nancy Weinstein and Vicki Algeri

Executive Function Skills in the Classroom by Faith, Bush and Dawson

Methods of Instruction:

Discussion

Review of personal materials and notes

Application of learned skills to current coursework

Methods of Evaluation:

Daily participation grade