Department: Elective
Course Name: School Skills

Course Description:
Sixth grade 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.

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
Learning to Learn: Strengthening Study Skills and Brain Power by Frender

Methods of Instruction:
Discussion
Review of personal materials and notes
Application of learned skills to current coursework

Methods of Evaluation:
Daily participation grade