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without walls

PARENT CONNECTION

Study (Life) Skills for Students

With Zipora Schuck
December 18, 2012



www.hiddensparks.org

Our Guest:



Mrs. Zipora Schuck is a School Psychologist from Rockland County, NY. She is dedicated to helping children find success during the school day and beyond, through her work with teachers, principals, parents and children. She holds two masters degrees, one in Special Education and one in School Psychology, as well as having completed extensive post graduate work in administration.

After working for the NYC Dept. of Education, she assumed the role of Director of the Learning Center at the Beth Rochel School in Monsey, and also founded Pathways Consulting Services LLC, a professional development agency. She has served as the permanent educational consultant for many schools in Monsey over the last decade, and presents trainings throughout the country. Mrs. Schuck is an adjunct faculty instructor for Mercy College, teaching in both the Undergraduate and Graduate programs of Special Education and Psychology.

From all her responsibilities, she most enjoys her counseling and coaching sessions with children and teens, giving them the cognitive, linguistic, social and emotional tools they need to succeed in the real world.

Session Goals:

- To list the most common study skills students will need during the school years
- To understand how many of these study skills are in fact life skills and transcend the school years
- To learn strategies that will help students become more successful students



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Overview of the Session

Some children are born students - organized, diligent and studious. For others, they've seem to fail at the subject of studying.



We will examine some of the basic skills needed for students to become more successful learners and target how some of these school based skills will be helpful even once they leave the classroom

School is a full time job.

Thinking about your job – what type of preparation needs to get done after hours or at home in order to work successfully?

How long does it generally take?

Where does this work take place?

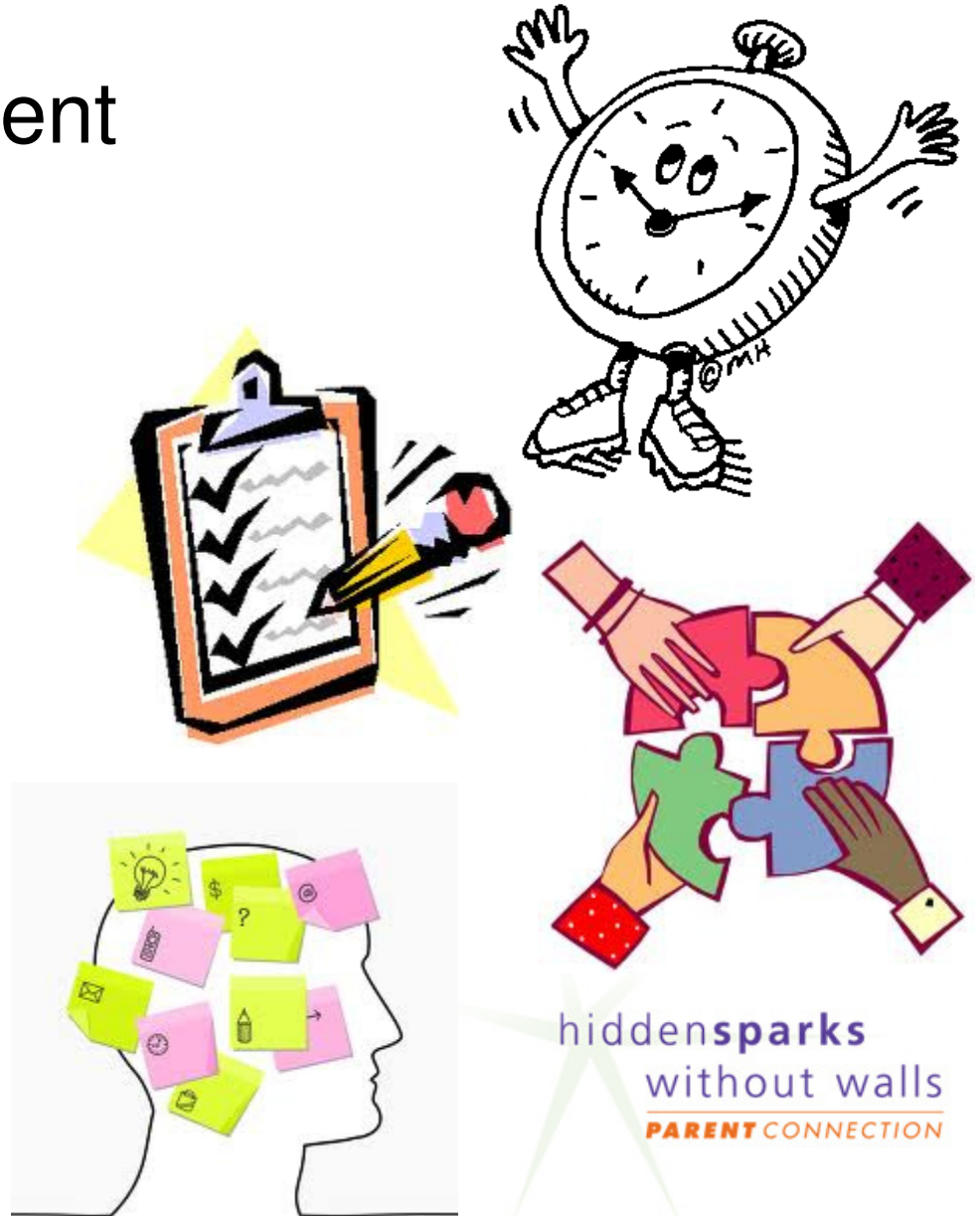


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Student Study Skills

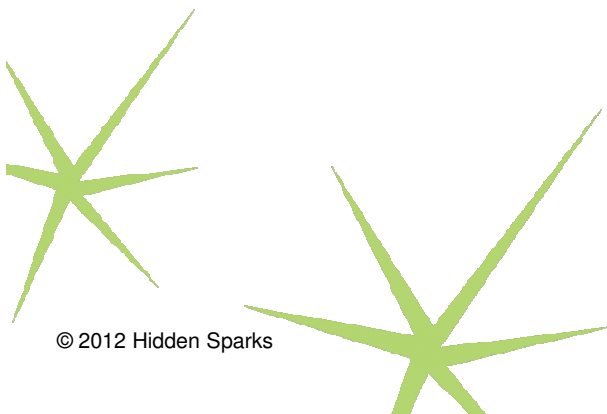
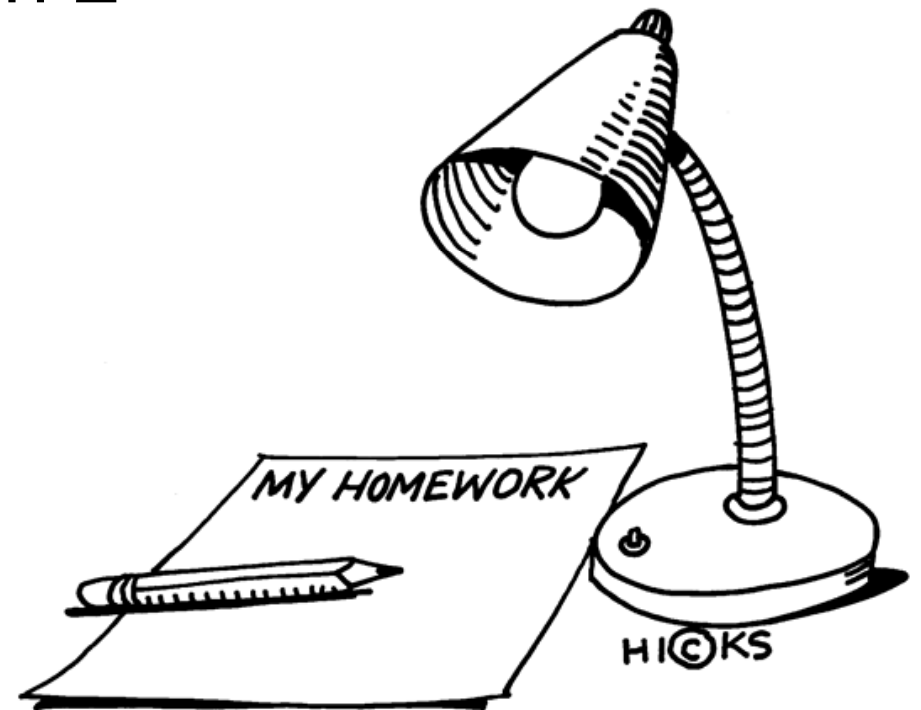
- ✓ Time Management
- ✓ Organization
- ✓ Note Taking
- ✓ Studying
- ✓ Test Taking
- ✓ Communication
- ✓ Goal Setting



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Time Management

- Location, Location, Location
- Alternating Between 2
- Well lit
- Well stocked
- Not in left field



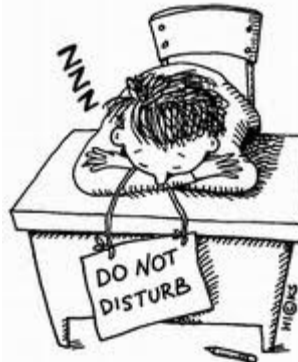
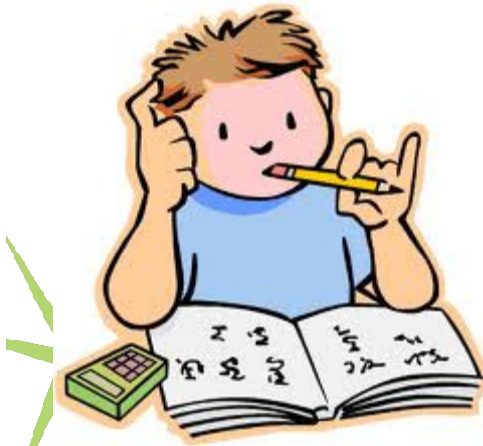
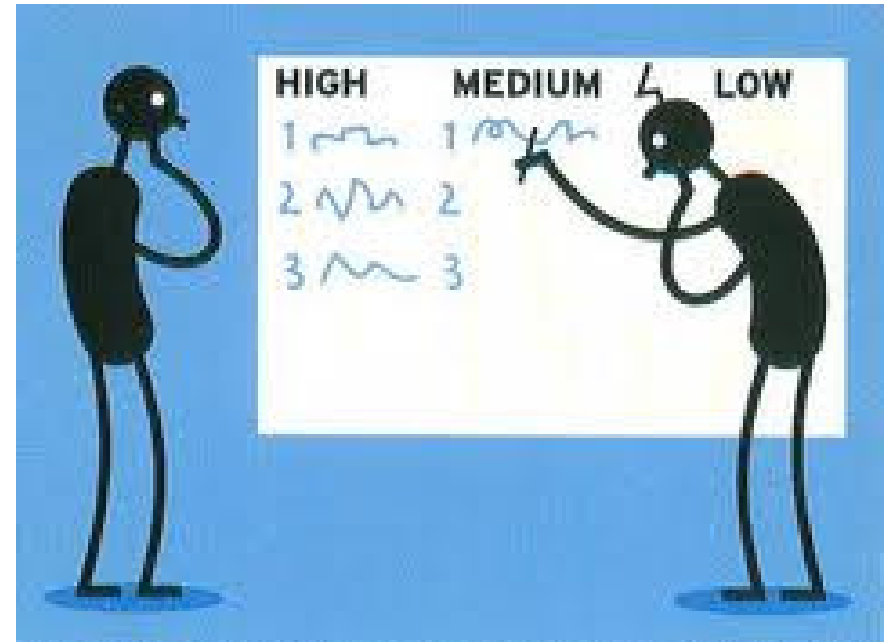
Time Management

- Using a planner
- Day to day vs. the big event
- To do lists
- Model model model



My child was up the whole night studying!

- Estimation and real time
- Prioritizing
- Study time
- Work time
- Break time



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Organization

Its about having the right things in the right place at the right time!

- Duplicate books
- Identical Texts
- Nightly checks



Organization

- Paper management
- A time to save and a time to throw
- Reference notebook/section



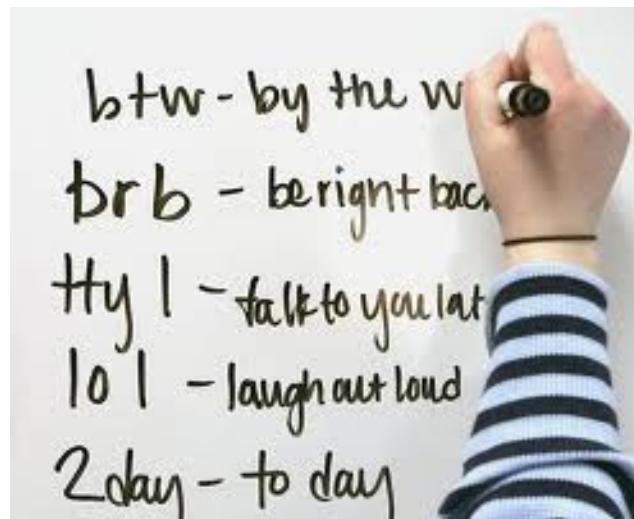
Note taking

- Listening skills as the precursor
- Active listening
- Paraphrasing
- Two column note taking

A template for two-column note-taking. It features a header section with the text 'Lambert College Two Column Format'. Below the header is a table with two columns: 'Request' and 'Response'. The table has several rows for writing. The text '© 2012 Hidden Sparks, Inc. All Rights Reserved' is at the bottom right.

Note taking

- Abbreviating
- Texting
- Symbols
- How much does that word cost?
- Note taking vs. note making



Note making

- Reread
- Color code
- Draw pictures or cartoons
- Title it
- Main idea, people, places, definitions



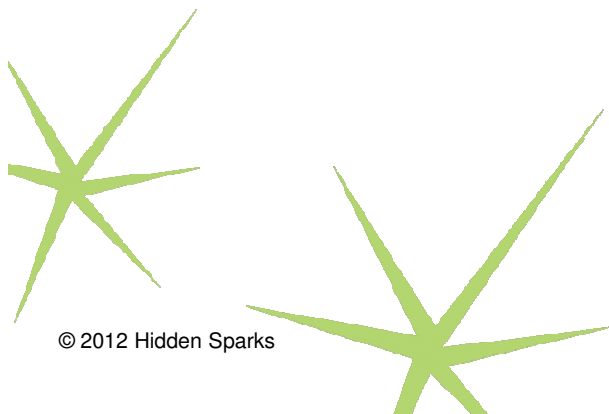
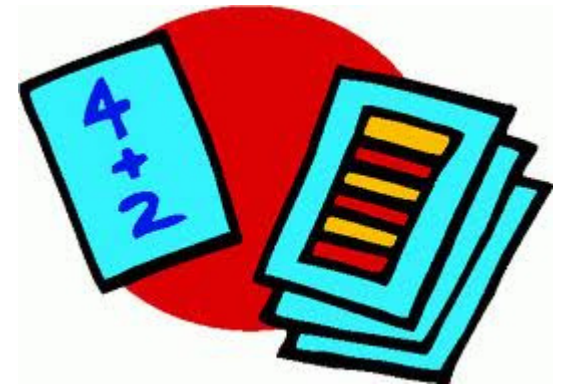
Study skills

- Question the notes
- Just the facts ma'am
- Write a test question



Study skills

- Sort information by category
- Create flashcards
- Frequent small review
- Mnemonics
- Moshe
- Crazy phrases - No fish can ride the bus



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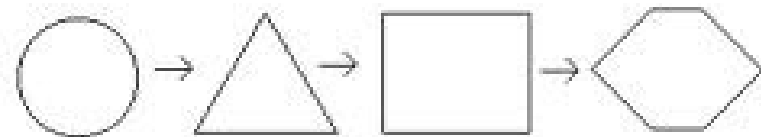
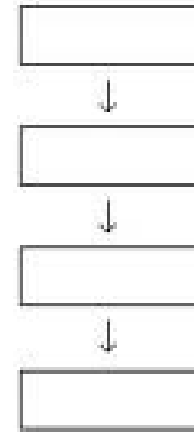
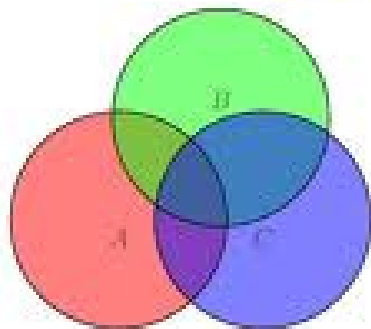
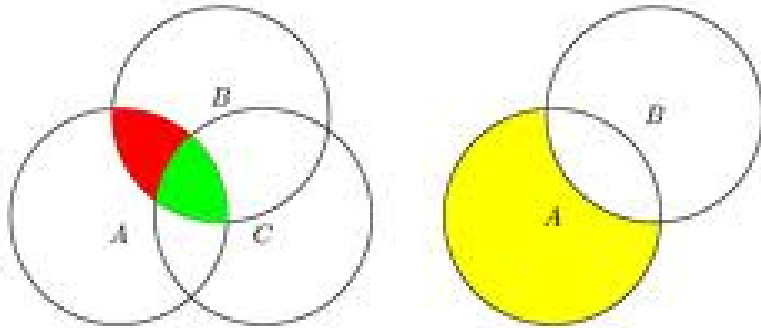
Study skills

- Visualize
- Scene two – take one!
- People, location, background, size, smell, taste, sound, objects, color, texture



Study skills

- Using graphic organizers
- Venn diagrams, flow charts, webs, t-charts



Study skills

- Self talk
- Record it and listen
- Selecting good study partners



Test taking skills

- Content
- Format
- Time pressure



Test taking skills

- Chill out
- Deep breathing
- Tin soldier vs. wet noodle
- Change the venue



Test taking skills

- Predictions (reality testing)
- Is your child in touch with how his/her studying impacts his/her performance?

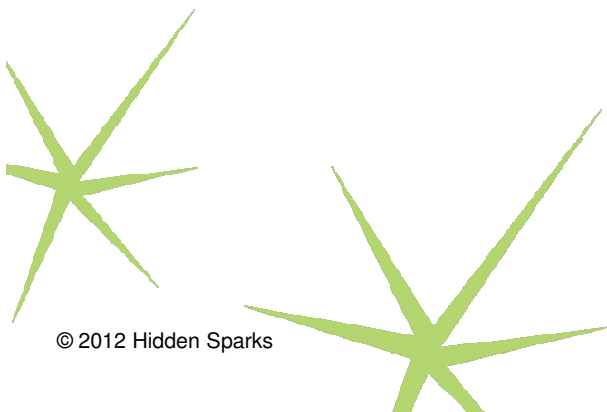


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Test taking strategies

- Identify yourself
- Race to the finish before leaving the starting gate
- Unload
- A bird in the hand is worth two in the bush

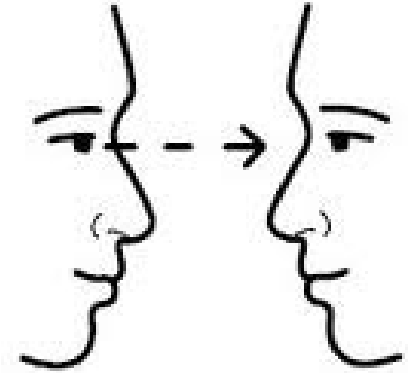


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Communication

- Personal Space
- Non-verbal language
- Eye contact
- Tone of voice



‘My son did not break the window’

- Give and take



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Goal setting

- Climb the ladder
- Identify in writing
- What steps need to be taken to get there
- Reward and reinforce the process
- Celebrate



Upcoming Hidden Sparks Without Walls Sessions

Tuesday 2/5/13 8:30-9:30pm	Social Skills With Dr. Bonnie Goldblatt
Tuesday 3/5/13 8:30-9:30pm	Your Attention, Please! With Kate Sussman
Tuesday 4/9/13 8:30-9:30pm	Understanding Your Child's Psychoeducational Assessment Report With Dr. Orit Goldhamer
Tuesday 5/21/13 8:30-9:30pm	Memory With Karen Kruger

For more information visit: www.hidden-sparks.org



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