**1) Study Skills For People Who Hate to Study**:

https://www.youtube.com/watch?v=ZLVtIUj2\_VEStudy

Watch video - pause often to write your notes!

List the 10 tips.

*Each tip should be a section - the tip in the key words margin, the explanation and how you can use each written as bullets in the notes section of your paper.*

* Explain each one.
* Brainstorm specific things you can do/ways you can make each work for you.
* Do any relate to things you have learned in Biology? Include any and underline them for me to see

**2) 9 Best Scientific Study Tips**

Complete this EdPuzzle.

<https://edpuzzle.com/media/583318708da1f9f23eb91ff6>

How does this clarify the study playlist mentioned in the first video?

**3) Make a poster**

Make something you can put up in your bedroom that will remind you of these tips.

**4) Test Taking Strategies** *(I’ve only included partial sections of this longer video)*

Part 1: Answer the EdPuzzle prompts linked below onto a new set of notes with this title

<https://edpuzzle.com/media/583326a08da1f9f23eb9abdf>

Part 2: Continue on your same notes paper with this next EdPuzzle portion of the same video.

<https://edpuzzle.com/media/58332ea5d610906c40a79be4>

**5) 7 Effective Test Taking Tips**

<https://www.youtube.com/watch?v=Z2iCZ6h24pc>

Write them down!

Reflection - What behaviors might you have while taking tests that could be interfering with succes.

 What will you try on your next test?

**6)**  **7 Habits of Highly Effective Teens**

Read and copy the 7 habits on this linked handout: [click here](https://www.iusd.org/chs/Handbook%20Files/HB_Seven_Habits_of_Highly_Efffective_Teens8.pdf)

Watch: Habit 1: <https://www.youtube.com/watch?v=AWa9twK1Cno>

On your same paper, explain what habit 1 on your list means by answering the prompts below:

* What does being reactive mean?
* list examples given in the video
* Identify 3 situations related to school where you have been reactive
* What does being proactive mean?
* Example from video
* Look at the 3 examples of reactive behavior you listed about yourself. Turn them around.
* Copy the poster and summarize the 3 topics in your own words. How are 2 destructive to your success?

Habit 2: Begin with the end in mind

Complete the handout linked here: [Handout](https://docs.google.com/a/guhsd.net/document/d/1moDmE1WKSBUvq2eMP3yLY0zmgL5r7LCxXKj_ZU_UGCg/edit?usp=sharing) Your goals need to be “S.M.A.R.T. goals:

**S = specific**.

*That means you are stating precisely something you want to achieve. If it is stated correctly, you will know when you have achieved it. If it is specific enough, then it can be measured - which leads us to M.*

**M = measurable.**

 *Your goal should be specific enough that you can measure it. A specific grade, a percent improvement in*

 *something, actual numbers or a grade specified in your goal so you know when you have reached it.*

**A = attainable.**

 *Your goal should challenge you but also be something you can realistically reach.*

**R = relevant.**

 *Each goal should be something you need or want to improve upon. If you already have an A, then setting*

*a goal to get an A again isn’t really relevant to you. Find an area to to improve … push yourself to grow.*

**T = timely**

*For each goal, set a date for you to reach it - the end of this semester, when you graduate, when you are a*

 *certain age, next Friday, etc.*

*FOR EACH GOAL, YOU ALSO NEED SPECIFIC ACTIONS YOU CAN TAKE SPECIFICALLY WHEN AND WHERE (in school, at home, etc) THAT WILL HELP YOU REACH EACH GOAL.*

For your short term goals, think of your ending grade in the next 4 weeks.

For longer term goals, think of graduation, career, family life, income, happiness, pride, self-confidence, making family proud.

 Takes steps now. Set goals, create steps to reach each of your goals on the same handout

Habit 3: Put First Things First

* This means set your priorities and make the most important things happen first.
* Make a list of priorities to help you do well in school.
* Write a reflection that relates to this whole extra credit project!