

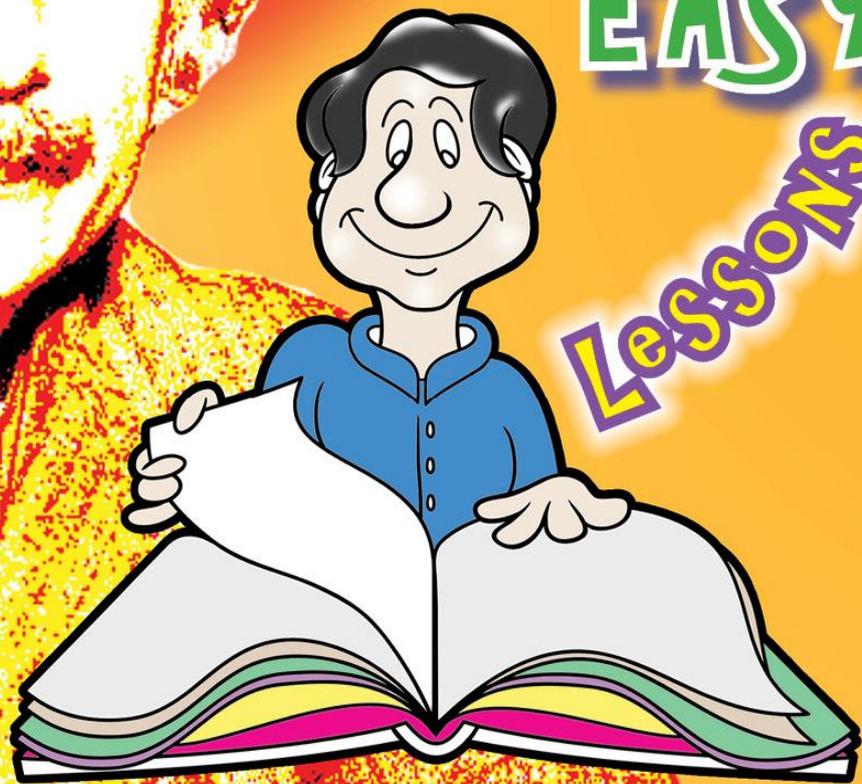
STUDY ✓ **RIGHT** ^(ZA)
for better results

Study Skills

Grades 6-8

**IN TEN
EASY**

LESSONS



Karen Gottschalk

Illustrations by Keegan Thornhill

STUDY RIGHT (ZA)

for better results

A Step-by-Step Guide to
Study Skills
for Grades 6, 7 and 8
in 10 easy lessons

Workbook
to accompany
Study Right (ZA) Teaching Video
(on the website, www.studyrightza.com)

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www.studyrightza.com
Email: info@studyrightza.com

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 - **watch** the video lessons online.
2. The purchaser may make **copies for use at the school** at which they teach, sufficient for the number of students who will complete the Study Right (ZA) course in that year.

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FOREWORD

To the Parent or Teacher

The Study Right (ZA) course has been designed to teach learners in Grades 6 to 8 how to study effectively for tests and exams, using their individual learning styles. Opportunity is provided for learners to try out the various learning strategies that are presented during the lessons. In this way they will discover which strategies are most helpful to them.

The ten lessons in this book are designed to accompany the teaching DVD of the same name, Study Right (ZA), which can be purchased separately. It is also available on the website, www.studyrightza.com.

LESSON PLANS

Each lesson in the book consists of the following sections:

- Lesson Content
- Lesson Notes
- Applying the skills: exercises to practise skills that were taught
- Challenge time: optional extra activities

The lessons should last approximately twenty-five to thirty minutes each, including viewing the DVD lesson and practical application. Lessons should follow the format below:

1. Start with the teaching presented on the DVD. It is advisable that the parent or teacher watches the DVD with the learners.
2. Learners are expected to make their own notes, when indicated, to practice this important skill.
3. Stop the DVD after each section and discuss the content with the learners. Did they understand?
4. At the end of each lesson, learners need to complete the application entitled 'Applying the Skills'.
5. The section, 'Challenge Time', is optional for those learners who would like the challenge of doing extra research, learning something new or practising the new skills.
6. It would be helpful if the parent or educator could monitor progress by marking the learner's work. Reward and encourage effort.

HELPING CHILDREN ACHIEVE SUCCESS

Parents can help children achieve success by following these guidelines:

- Children should do their **homework** at the **same time** each day. Discuss a suitable time with your child and stick to it. Homework time should be completed before 7pm.
- Encourage **good study habits**. Even if your child has no homework for the day, the time should be used for revising work covered in class.
- Guidelines for the **amount of time** to be spent on homework / studying per day are as follows:
 - Grade 6 - 1 hour
 - Grade 7 - 1½ hours
 - Grade 8 - 2 hoursMore time might be required during test or exam time.
- Homework should be done in the **same place** each day. The child should be seated on a hard chair at a desk or table. If this is not available, a pillow on the lap with a large book or tray on it could be used to create a suitable working surface.
- Some children prefer to have **music** playing while they study. Ensure that this is quiet, background music with no words. Avoid headphones.
- Children should **drink water** rather than fizzy drinks, as this helps the brain to work more efficiently.
- A **healthy diet**, including fresh fruit and vegetables, also helps the brain to work efficiently.

LESSON 1

LESSON CONTENT

DURING THIS LESSON YOU WILL:

- *find out what is important for successful studies*
- *learn how to listen actively in class*
- *learn how to take notes*
- *practise finding key words*
- *learn the basic steps to studying*



*Yippee!
Help at last!*

LESSON NOTES

WHAT IS IMPORTANT FOR SUCCESSFUL STUDY SKILLS?

1. Be willing to work hard. Success comes with effort.
2. Self-discipline is essential. You need to be disciplined about how you spend your time.
3. Be responsible for your own study. Don't rely on someone else to help you.
4. Pay attention in class.



Be willing to work hard.

NOTE-TAKING

Taking notes helps you to listen well and remember!

1. Take notes while your teacher talks. Write only key words.
2. Only pick up your pen to write. Do not keep holding it, as this can be distracting.
3. Write down the information that is on the board.
4. Ask questions if you do not understand.
5. Read through your notes at home each day.
6. Ask your teacher for notes if you were absent.

KEY WORDS

Let us practise finding key words.

- Read each sentence below.
- Either highlight or circle the key words or phrases.
(Clue: The number in brackets tells you how many key words there are in the sentence.)

Difficult Words:

key words - the most important words that have the most meaning
phrase - a group of words

Caring for Pets

1. Feed your pet on pet food and not on food meant for humans. (4 words)
2. Make sure that there is always a bowl of fresh water available. (2 words)
3. Take your pet to the vet if it is ill or stops eating. (4 words)
4. Have your pet sterilized. (1 word)
5. Never touch a strange dog you do not know as it could bite you. (6 words)



Compare your answers with the ones on the video. How well did you do?

The same 17 words:	Excellent! You know how to find key words!
The same 13 to 16 words:	Good! You are on the right track!
The same 10 to 12 words:	Fair. There is room for improvement.
Below 10 words:	You need to practise finding key words.

When making notes during a lesson, be sure to write key words and phrases, not long sentences.

Now make notes while you watch the rest of the video.

BASIC STEPS TO STUDYING

1. MENTAL WARM-UP

- **Skim** through the chapter. Look at headings, bold print, pictures and captions.



Start by skimming through the chapter.

2. READ ALOUD



- Read through chapter aloud.
- Use your finger or a marker to keep your place. This also helps you to concentrate.
- Read in chunks of 1 - 3 sentences.
- Re-tell each chunk in your own words. This will help you to understand and remember.

Difficult Words:

bold print - print that is darker and thicker than the surrounding print

skim - look through the text briefly

3. STUDY THE DETAILS

- Write or draw the important points.
- You'll learn different ways of doing this during the course.
- Check the details. Have you understood correctly? Have you included the important facts?



Write or draw while you study.

4. RE-TEACH AND REVISE

- Re-teach the information to a person or an object.
- Revise several times until you know the work.



Teach the work you have learned to someone or something else.

APPLYING THE SKILLS

It's time to practise what you have learned.

BASIC STEPS TO STUDYING

1. MENTAL WARM-UP

Skim through the information on Heat Conduction below. Tick the blocks as you complete each section.

- Read the headings.
- Read the bold print.
- Look at the pictures.

HEAT CONDUCTION

Good conductors

1. **Aluminium, steel** and **copper** are good conductors of heat. These are used for saucepans as the heat travels quickly through them to cook the food.
2. **Glass, porcelain** and **ceramic** containers also heat quickly.



Poor conductors

1. **Wood** and **plastic** are poor conductors of heat. These are often used for handles to protect our hands from burning.
2. Place mats are used to protect surfaces from hot containers. These are often made of **wood, cork** or **woven grass**, as they are poor conductors of heat.
3. **Clothing** is made of materials that are poor conductors, so that we do not become too hot or too cold.
4. Some houses have **thatched roofs** as they keep the home cool in summer and warm in winter. Some people also have **glass fibre** insulation in their roofs for the same reason.
5. **Newspaper** can be used to wrap things in, to keep them warm or cool.

Difficult Words:

heat conduction - the movement of heat through an object

thatched roof - a roof made of dried reeds or straw

glass fibre - a thick material made from tiny pieces of glass

insulation - covering that keeps heat in and cold out

2. **READ THROUGH**

- Read through the information on Heat Conduction. (At home you need to do this aloud and in chunks of 1 - 3 sentences, retelling each chunk in your own words.)

3. **STUDY THE DETAILS USING A PEN AND PAPER**

- Make a quick summary of good and bad heat conductors. Write only the bold-print, important words under the headings.

Good conductors

Poor conductors

<i>Good conductors</i>	<i>Poor conductors</i>

4. **REVISE**

If you have to learn this work for a test, you should go over it several times, even after you think you know it.

- Read through your summary again to refresh your memory.

NOW TRY THIS:

Work out these anagrams without looking back in your book.

Difficult Word:

anagram - a word that is formed from another word, with the letters in a different order

SPETS TO DUSTINGY:

1. LAMENT WRAM-PU

2. DEAR OADUL

3. DUSTY HET STAILED

4. REEVIS DAN CHEERAT

HOW WELL DID YOU MANAGE THIS LESSON?

Tick the boxes that are most like you. Sign and date your work.

Skill	Managed very well	Managed fairly well	Did not understand
I learned how to listen actively in class.			
I learned to take notes.			
I learned to find key words.			
I learned the steps to studying.			
Signed: _____ Date: _____ Note: If you ticked many 'Did not understand' boxes, you need to read through the notes in this lesson again.			

CHALLENGE TIME

Extra things to do at home, if you wish

1. Name 3 items in your home that are **good conductors** of heat:

2. Name 3 items in your home that are **poor conductors** of heat:

3. Practise finding **keywords**.

This is a very important skill to have in order to study well.

Either highlight or circle the key words in the following extract.



(International Fund for Animal Welfare)

The International Fund for Animal Welfare was started in 1969 to stop the hunting of seals in Canada. Today it is one of the largest animal welfare organizations in the world.

IFAW helps to protect whales from being killed for commercial (business) purposes. It helps to protect sea mammals, like dolphins and seals, from becoming entangled in fishing nets and then drowning. It helps to prevent the poaching (hunting) of animals, like elephants and rhinoceroses, for their horns.

IFAW helps to protect the natural habitat (areas) for animals. It does this by helping to fund national parks where the animals can live in safety.

IFAW also helps to look after dogs and cats, by sterilizing them to prevent unwanted litters of puppies and kittens. It helps to provide care for sick animals. It educates people about caring for animals and preventing cruelty to them.