

Study Habits

[Link to Class Video](#)

Date: August 1, 2020

Time: 10 - 11 AM EST

Leaders: Spandana Shankara and Mahika Gupta

Subject: Study Habits

Age Range: 11- 18

Brief Description:

- Learn about study habits
- Learn what type of learner you are
- visualize feelings

Links:

- <http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml?event=results&A=4&V=9&T=7> - type of learner quiz
- <https://lifedesignlog.com/rose-thorn-bud-activity-for-group-presentations/><https://lifedesignlog.com/rose-thorn-bud-activity-for-group-presentations/> - Rose Activity
- https://youtu.be/43VMv_DyKHg - zucchini linguini recipe video

Materials for Students:

- Paper
- Writing utensil

Introduction:

- Ice breaker: Name, Favorite snack while studying?

Activity Directions:

1. Zucchini Linguini from youtube/google drive
2. Shakeout/ Stretching - 5...4...3...2...1...
3. Hangman game
4. Rose Game
5. Study Habits Questionnaire
6. Different learning style study techniques
7. General studying techniques
8. Meditation

Guiding Questions (Indicate which step # in directions):

→ #5 reference learning chart below

Conclusion/Wrap Up: Think about how your diet affects how you study

When you..	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you sparingly but dislike listening for too long? Do you favor words such as <i>see, picture, and imagine</i> ?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear, tune, and think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel, touch, and hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the picture?		