



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

## SCHOLASTIC ACHIEVEMENT

*For Grades 6-12. Students will learn the importance of scholastic achievement as it relates to dreams and desires. They will learn how to be better students through discussion, studying, note- and exam-taking skills.*

### Objectives:

- Understand the importance of scholastic achievement in life.
- Recognize and develop discussion, studying, note- and exam-taking skills.

### Materials Needed:

- Copies of the *Stating Your Rating* and *Becoming a Better Student*

### Discussion:

- 1) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?  
\*Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: scholastic achievement, since this is something we deal with at our school."* Distribute and complete the **Stating Your Rating** exercise.
- 2) Which of these excuses did you like best?
- 3) What are some of the best excuses you have heard for not turning in homework?
- 4) Do teachers truly believe the excuses?
- 5) Why do we make excuses? Why not tell the truth?
- 6) Do you give 100% in the subjects you enjoy?
- 7) How much effort do you make in the subjects you do not enjoy?
- 8) Do you study a little at a time or do you cram at the last minute?
- 9) Do you think taking good notes is important?
- 10) Do you take good notes or copy other peoples' notes?
- 11) What signs tell you "You'd better write this down?" What are some tips you could share with someone about taking good notes?
- 12) How much time do you spend studying for tests?
- 13) What helps you study? What are some tips you could share with someone about good studying habits?
- 14) How much time do you spend preparing papers and written homework?
- 15) Do you feel that too much of your time is spent doing outside work for school?  
\*Close with the **Becoming a Better Student** sheet.

**Extensions and Adaptations:**

- Have groups of students search for online note-taking and studying tips.

**Online Resources:**

University of Virginia

[wsrv.clas.virginia.edu/~rjh9u/howstudy.html](http://wsrv.clas.virginia.edu/~rjh9u/howstudy.html)

University of North Carolina

[caps.unc.edu/TenTraps.html](http://caps.unc.edu/TenTraps.html)

University of St. Thomas

[www.iss.stthomas.edu/studyguides](http://www.iss.stthomas.edu/studyguides)

How To Study.com

[www.howtostudy.com](http://www.howtostudy.com)

Virginia Teach

[www.ucc.vt.edu/stdysk/stdyhlp.html](http://www.ucc.vt.edu/stdysk/stdyhlp.html)

**Relevant National Standards**

McREL establishes the following National Standards at [www.mcrel.org](http://www.mcrel.org)

**Thinking and Reasoning**

- Understands and applies basic principles of logic and reasoning
- Applies basic trouble-shooting and problem-solving techniques
- Applies decision making techniques

**Life Skills**

- Working with others: Contributes to the overall effort of a group
- Working with others: Displays effective interpersonal communications skills

**Language Arts – Listening and Speaking**

- Demonstrates competence in speaking and listening as tools
- Students will use descriptive language that clarifies and enhances ideas
- Students will use a variety of sentence structure to express expanded ideas



### Stating Your Rating

Rate the following homework excuses on a scale of 1-10, 1=*Completely Lame*, 10=*Love It! I'll Use It...But Not In This Class!*

- My little sister ate it.
- My pet doodied on it...
- We ran out of toilet paper.
- Our furnace broke down and we need to keep warm.
- I had to use it to fill a hole in my shoe...hey, it was raining!
- I gave it to a friend and his house burned down.
- My mom threw it away by mistake.
- I did it...but I left it next to my dear, sick mom when I helped her this morning.
- Grandma died. Yes, again.
- I couldn't find anyone to copy it from.
- The report hasn't arrived yet. I blame FedEx.
- I finished it...I just need to write it down.
- I've given up homework for Lent.
- It spontaneously combusted.
- Homeland Security confiscated it as a weapon of terrorism.
- I spent the evening thinking up excuses for not turning in homework...



## Becoming a Better Student

### ***Make a system.***

Develop a note-taking system, like the “5 R’s” from Cornell University:

- **Record**—take notes in large area. Identify main points and main ideas. Use outlines, pictures or graphs to get information down quickly.
- **Reduce**—after class. Utilizing the left-hand column of your paper, reduce the information with key words, phrases, dates and questions. Also put sources to your textbook and assigned readings.
- **Recite**—talk aloud. Review from memory what you learned. Using the left-hand column, talk through key words and questions and illustrate concepts.
- **Reflect**—think over. How does this relate to what you knew before? Note items teacher may mention will be on test.
- **Review**—summarize material at bottom of pages.

### ***Study in a place with limited distractions.***

#### ***Get comfy.***

Work in a place that is comfortable where you can work for long periods and not get tired.

#### ***Get your stuff.***

Make sure you have all the materials you need; pencils, paper, notes, tests, books, etc.

#### ***Take five.***

Take breaks periodically to refresh yourself. Play a short video game or listen to a couple of songs.

### ***If you always wait until the last minute...***

- Keep a checklist of what you must get done for the assignment, and reward yourself.
- Do the least favorite subject first and the most favorite thing last...gives you something to look forward to.
- Set deadlines for other projects a few days ahead.

### ***For tests:***

- 1) *What will the exam cover?*
- 2) *What type of test will it be: objective, essay, or combination?*
- 3) *Spend several nights before the test reviewing your notes.*
- 4) *Study points emphasized in textbooks.*
- 5) *Study areas emphasized by the teacher.*
- 6) *Study questions on study guides and past quizzes.*
- 7) *Study with other students. Ask questions back and forth.*