



12 Week Study Skills Course Contents

Study skills from Study Fresh make a real difference.

Students' study skills and study habits can have a dramatic effect on their school performance. That's why Study Fresh offers a program for students in grades four through twelve to learn new study skills and sharpen existing ones.

Study Fresh's study skills curriculum uses a personal learning approach that considers your child's [individual learning style](#) and meets his unique needs. We teach study skills and techniques that will help your child pack more learning into less time, do better in the classroom and on tests, enjoy studying more, and gain confidence.

The Study Fresh study skills program can help your child become a better student by approaching schoolwork with effective new strategies in these key areas:

- Organization and time management, such as assignment and grade tracking, organization of papers and binders, study planning and goal setting
- Note-taking, covering everything from listening well and following directions to managing and presenting information to practical note taking
- Reading and studying, including using notes effectively, handling textbooks, researching and writing reports and learning-specific study techniques
- Test-taking strategies such as showing how to approach multiple choice and essay tests and how to overcome anxiety

Study Fresh's study skills tutors are trained to emphasize skill- and confidence building and know that when your child feels less stressed and more confident towards schoolwork, his interest in learning increases. This allows your child to learn faster and more efficiently and to retain more information with greater accuracy.

Visit the [tutoring](#) programs section for more information on other subjects offered by Study Fresh.

1 A LEARNING SKILLS INVENTORY

2 STUDY SKILLS VOCABULARY

3 A GOOD STUDY ENVIRONMENT

4 TIME MANAGEMENT: TRACKING YOUR TIME

5 TIME MANAGEMENT: PLANNING YOUR TIME

6 THINKING ABOUT LEARNING STYLE

7 IDENTIFYING YOUR LEARNING STYLE

8 KNOW YOUR INSTRUCTOR

9 SETTING GOALS

10 IMPROVING MEMORY

11 TWO WAYS TO IMPROVE MEMORY

12 MNEMONICS: MEMORY BOOSTERS

13 TEXTBOOKS: SPECIAL FEATURES

14	TEXTBOOKS: THE FIRST FEW PAGES
15	TEXTBOOKS: USING THE TABLE OF CONTENTS
16	TEXTBOOKS: USING THE INDEX
17	TEXTBOOKS: USING CHAPTER CLUES
18	TEXTBOOKS: THE GLOSSARY
19	UNDERSTANDING YOUR TEXTBOOK: A PUZZLE
20	SKIMMING AND SCANNING
21	MORE SKIMMING PRACTICE
22	SCANNING PRACTICE
23	THE LIBRARY: WORDS TO KNOW
24	THE LIBRARY: FICTION AND NONFICTION
25	THE LIBRARY: THE DEWEY DECIMAL SYSTEM
26	THE LIBRARY: CALL NUMBERS
27	THE LIBRARY: USING THE CARD CATALOG
i	
28	THE COMPUTERIZED CATALOG
29	THE LIBRARY: SKILLS REVIEW
30	REFERENCE: INFORMATION RESOURCES
31	REFERENCE: ALPHABETICAL ORDER
32	MORE ALPHABETIZING PRACTICE
33	REFERENCE: DICTIONARY GUIDE WORDS
34	REFERENCE: DICTIONARY DEFINITIONS
35	REFERENCE: A DICTIONARY TELLS
	PARTS OF SPEECH
36	REFERENCE: MORE DICTIONARY INFORMATION
37	DICTIONARY REVIEW
38	REFERENCE: THE ENCYCLOPEDIA
39	REFERENCE: THE WORLD ATLAS
40	REFERENCE: THE THESAURUS
41	REFERENCE: THE READERS' GUIDE TO PERIODICAL LITERATURE
42	REFERENCE: ALMANACS
43	REFERENCE: BIOGRAPHICAL DICTIONARIES
44	REFERENCE REVIEW: A SCAVENGER HUNT
45	REFERENCE: THE BIBLIOGRAPHY

46 FOLLOWING WRITTEN DIRECTIONS

47 FOLLOWING SPOKEN DIRECTIONS

48 TAKING NOTES FROM READING: MAPPING

49 TAKING NOTES FROM READING: MORE

MAPPING PRACTICE

50 TAKING NOTES FROM READING: OUTLINING

51 TAKING NOTES FROM READING: MORE

OUTLINING PRACTICE

52 STREAMLINING YOUR NOTES

53 TAKING NOTES WHILE LISTENING

54 ACTIVE LISTENING

55 MORE HINTS FOR ACTIVE LISTENING

56 NOTE TAKING: PARAPHRASING INFORMATION

57 NOTE TAKING: RECOGNIZING RELEVANT

AND IRRELEVANT INFORMATION

58 NOTE TAKING REVIEW

59 USING CONTEXT TO CLUE MEANING

60 CONTEXT CLUES: DEFINITION

61 CONTEXT CLUES: EXAMPLES

62 CONTEXT CLUES: COMPARISON OR CONTRAST

63 USING CONTEXT TO CLUE MEANING:

A REVIEW

64 A MATTER OF CONTEXT

65 UNLOCKING WORD MEANING: PREFIXES,

SUFFIXES, AND ROOTS

66 UNLOCKING WORD MEANING: PREFIXES

67 UNLOCKING WORD MEANING: SUFFIXES

68 WORD PARTS: CHECK YOUR UNDERSTANDING

69 BETTER COMPREHENSION: KEY WORDS

AND IDEAS

70 IMPROVING UNDERSTANDING:

RECOGNIZING SEQUENCE

71 PREPARING FOR TESTS

72 THE TERMINOLOGY OF TESTS

73 TEST-TAKING TIPS

74 TAKING A TRUE/FALSE TEST

75 TAKING A TRUE/FALSE TEST:

MORE PRACTICE

76 TAKING A MULTIPLE CHOICE TEST

77 TAKING A MULTIPLE CHOICE TEST:

MORE PRACTICE

ii

78 TAKING A COMPLETION TEST

79 TAKING A COMPLETION TEST: MORE PRACTICE

80 TAKING A MATCHING TEST

81 TAKING OBJECTIVE TESTS: A REVIEW

82 THE VOCABULARY OF ESSAY TESTS

83 THE VOCABULARY OF ESSAY TESTS:

MORE PRACTICE

84 TAKING AN ESSAY TEST

85 TAKING AN ESSAY TEST: FURTHER HINTS

86 REVIEWING YOUR TEST

87 THREE STEPS TO SOLVING PROBLEMS

88 PROBLEM-SOLVING PRACTICE

89 LEARNING FROM GRAPHICS: THE DIAGRAM

90 LEARNING FROM GRAPHICS: MORE PRACTICE

USING A DIAGRAM

91 LEARNING FROM GRAPHICS: USING TABLES

92 LEARNING FROM GRAPHICS: PREVIEWING

AND READING TABLES

93 LEARNING FROM GRAPHICS: USING A

BAR GRAPH

94 LEARNING FROM GRAPHICS: USING A

LINE GRAPH

95 LEARNING FROM GRAPHICS: USING A

CIRCLE GRAPH

96 LEARNING FROM GRAPHICS: USING A

PICTURE GRAPH

97 THE VOCABULARY OF MAPS

98 USING A MAP

99 TWO TYPES OF MAPS

100 USING GRAPHIC AIDS: A REVIEW