



Lesson #2

PREPARING A STUDY PLAN

A study plan is a strategy to do your best as you study. In this way you can learn more, learn it faster, remember it better and get better grades.

Q: Why do I need a Plan?

Plans are necessary because what you are asked to do learn change. You may find, for example, that one subject and dislike others you may have some teachers who are very tough and others who are easy. Sometimes you may have to memorize facts, date, etc. other times teachers may expect you to analyze a poem or event in history. All of these differences should signal you to change how you study.

Q: How do I make a plan?

Begin by looking at your Study Actions and your Study Diary. Make a list of your best study actions³. In the next column, identify when you use these actions. Here write both the subject and the task you must do. This could include facts, ideas, dates, formulas, main points, vocabulary and so forth. Then at the bottom of the Study Analysis identify what you think are your most troublesome problems during the study. Here identify the study problem³ (e.g. memorizing, reading the text, lack of interest, etc.), the subject and the task. You can also identify specific teachers for both sections if you have teachers who are helpful or you have problems satisfying.

Now, look over the lists and pick out common factors⁴. For example, you might find you have trouble recalling facts or studying a text you might also find you have trouble with math or history. This will allow you to focus on your strengths and weaknesses to take advantage of your talents and develop skills to reduce your weaknesses. You can record these on your strengths and weaknesses sheet.

For now, you want to use your strengths as much as possible in all study. As you work through other lessons you can develop skills to reduce your weaknesses. Also, don't forget you can always improve your strengths also.

Q: What is the next step in my study plan?

Now you want to set goals for your study. These goals state your purpose for studying and help you know if you have been successful.

A goal is a very specific statement which describes what you will be able to do at the end of your study. For example.

"I will repeat from memory the steps in mitosis and describe each step."

Notice that this goal is very specific in what you will do - "repeat from memory." Notice also that this is an observable action. If you can do this, then it will show you have learned.

Second, notice that an outcome is included - "The steps in mitosis." So there is no questions about what will be accomplished and how you can test yourself.

Q: Could I see some more examples of goals?

1. Explain the causes of the civil War to my parents
2. Work correctly 10 practice problems
3. Solve inequality equations without error
4. Write a 50 word summary from memory of section 4 of chapter 3.
5. Outline from memory, the main points in chapter 7 of my History Text.
6. Identify in writing the central themes in chapter 3 of The Odessey.

Now you try writing some study goals. To do this use the goal chart⁵. First, write a goal action such as solve, repeat, state, etc. Then specify the outcome. Finally, indicate what study action you will take to meet your goal. For example, you might read, review, listen, watch or work problems to learn.

Use this goal chart to write study goals for yourself during the next week. In the next lesson, you will learn to schedule your time so you can meet your goals.