

# 2019-2020 STUDY SKILLS PROGRAM



## Overview

The Study Skills Program is designed to help high school students maximize learning by promoting positive study habits, homework, test-prep, and test-taking skills. The program requires a commitment of time, effort, motivation, and discipline to attain school success.

Participation is on a student volunteer basis ONLY. Parent permission is required.

Topics include: Study Skills, Homework, Note-taking, Organization & Time Management, Test Preparation, Test Anxiety, and Test-Taking Strategies.

## Logistics

The Study Skills Program meets every **Thursday** from 2:30-3:00 pm in the Counseling Office for six weeks during each nine-week grading term:

- SESSION ONE:** September 12, 19, 26, October 3, 10, 17
- SESSION TWO:** November 7, 14, 21, December 5, 12, 19
- SESSION THREE:** February 13, 20, 27 March 5, 12, 19
- SESSION FOUR:** April 2, 16, 23, 30 May 7, 14

## Student Commitment

As a member of the Study Skills Program, I \_\_\_\_\_, certify that I volunteer to be a member of this group and will participate with integrity in all group activities.

(print student name clearly)

\_\_\_\_\_  
(student signature)

\_\_\_\_\_  
(date)

## Parent Permission

My son / daughter, has my permission to participate in the Study Skills Program for a duration of six weeks the nine-week grading period. I certify that he/she volunteers to participate and that I have not forced my child's participation in any way. I understand that if my child exhibits a lack of commitment detrimental to the group, he/she will be asked to leave the group for the remainder of the session and that this decision is final.



\_\_\_\_\_  
(parent signature)

\_\_\_\_\_  
(date)

Participating students must bring this permission form to the Counseling Office prior to the first Study Skills Group meeting. Students exhibiting a lack of commitment detrimental to the group will be asked to leave the group for the remainder of the session. All decisions are final.