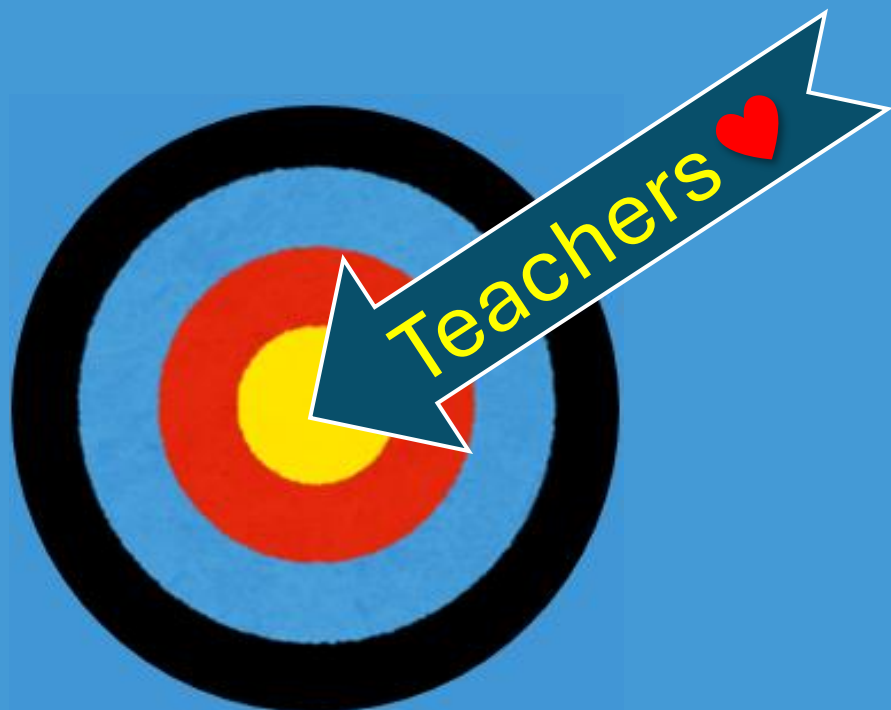




TARGETED INDEPENDENT PRACTICE



ESSENTIAL STUDY SKILLS

MARK PENNINGTON



**56 TEACHER
OR SELF-
GUIDED
LESSONS**



**PERSONAL
ASSESSMENTS,
STUDY SKILLS,
AND
REFLECTION**



Study Skills and Executive Function Skills Self-Assessment

Motivation

1. Do you know how to motivate yourself to do what you need to do? Yes Somewhat No
2. Do you know how to organize work and get started on a long project? Yes Somewhat No
3. Do you know how to set goals and check on your progress toward those goals? Yes Somewhat No
4. Do you know how to change a negative attitude about schoolwork to a positive attitude? Yes Somewhat No

Organization and Time Management

5. Do you have a place at home that is set up for homework and study? Yes Somewhat No
6. Do you know how to organize daily and long term homework and study? Yes Somewhat No
7. Do you begin homework with a review of what you learned in school that day? Yes Somewhat No
8. Do you know how to manage time for homework, study, and activities after school? Yes Somewhat No

Reading Strategies and Skills

9. To you know how to choose enjoyable books to read at home that will improve your reading ability? Yes Somewhat No
10. Do you know which reading habits are helpful and which are not? Yes Somewhat No
11. Do you know how to read out loud with good expression? Yes Somewhat No
12. Do you know how to concentrate during silent reading and adjust how you read? Yes Somewhat No
13. As you read, do you silently talk to the text, making comments and asking questions? Yes Somewhat No
14. Do you understand and remember most of what you read? Yes Somewhat No
15. Do you know how to figure out what an author suggests, but does not say? Yes Somewhat No
16. Do you know how to make helpful comments in the margins of texts? Yes Somewhat No
17. Do you know how to read, understand, and remember non-fiction textbooks? Yes Somewhat No
18. Do you know how to identify the main idea in reading? Yes Somewhat No
19. Do you know the key elements of a story? Yes Somewhat No
20. Do you know the key elements of an article? Yes Somewhat No
21. Do you know how to use context clues to figure out the meanings of unknown words in a text? Yes Somewhat No

Research

22. Do you know how to format citations and use quotation marks for direct and indirect quotations? Yes Somewhat No

23. Do you know how to identify bias and the quality of an author's reasons in an article? Yes Somewhat No

24. Do you know how to research safely and judge the quality of an online source? Yes Somewhat No

Memorization Strategies

25. Do you know how to memorize by grouping similar ideas or objects? Yes Somewhat No

26. Do you know how to memorize by associating (connecting) similar ideas or objects? Yes Somewhat No

27. Do you know how to memorize by linking similar ideas or objects in a connected chain? Yes Somewhat No

28. Do you know how to create a *catch word*, such as NEWS (North, East, West, South), to memorize unrelated ideas or objects? Yes Somewhat No

29. Do you know how to create a *catch sentence*, such as **Oh, you lucky duck!** (the "ould" spelling), to memorize unrelated ideas or objects in an exact order? Yes Somewhat No

30. Do you know how to use the *location strategy* to unrelated ideas or objects in an exact order? Yes Somewhat No

Essay Writing

31. Do you know how to *dissect* (break into parts) a writing prompt? Yes Somewhat No
32. Do you know how to write an effective thesis statement for an essay? Yes Somewhat No
33. Do you know what is considered good and bad writing style? Yes Somewhat No
34. Do you know how the key essay writing rules? Yes Somewhat No
35. Do you know how to write an essay introduction? Yes Somewhat No
36. Do you know how to write an essay body paragraph? Yes Somewhat No
37. Do you know how to write an essay conclusion? Yes Somewhat No
38. Do you know how to write complex sentences with beginning, middle, and ending dependent clauses? Yes Somewhat No

Listening and Note-taking

39. Do you know how to apply active listening? Yes Somewhat No
40. Do you know how to take notes from lectures, videos, and textbooks? Yes Somewhat No
41. Do you know how to use Cornell Notes? Yes Somewhat No
42. Do you know how to organize Formal Outline Notes with numbers and letters? Yes Somewhat No

Grammar, Spelling, and Mechanics

43. Can you define and identify the eight parts of speech? Yes Somewhat No
44. Do you know which grammatical sentence openers provide sentence variety? Yes Somewhat No
45. Do you know the nine verb tense forms and what each means? Yes Somewhat No
46. Do you know the eight “to be” verbs and how to eliminate them in your writing? Yes Somewhat No
47. Do you know, and can you apply, the seven key spelling rules? Yes Somewhat No
48. Do you know, and can you apply, the key syllable and accent rules? Yes Somewhat No
49. Do you know, and can you apply, all rules of punctuation, including commas, quotation marks and underlining, colons and semicolons, and apostrophes? Yes Somewhat No
50. Do you know, and can you apply, all rules of capitalization? Yes Somewhat No
51. Do you know how to use words correctly in Standard English and how to identify slang words and phrases? Yes Somewhat No

Test Preparation and Test-taking

52. Do you know how to study for tests, as you learn? Yes Somewhat No
53. Do you know how to develop a plan for taking a test? Yes Somewhat No
54. Do you know how to improve your selection of correct answer choices on matching tests? Yes Somewhat No
55. Do you know how to improve your selection of correct answer choices on fill-in-the-blank tests? Yes Somewhat No
56. Do you know how to improve your selection of correct answer choices on multiple-choice tests? Yes Somewhat No

109 Study Skills and Executive Function Skills Self-Assessment Mastery Matrix

Assessment #s	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21		
Teacher _____	Motivation				Organization and Time Management				Reading Strategies and Skills														
Class _____																							
Student Names																							
Totals																							

111 Study Skills and Executive Function Skills Self-Assessment Mastery Matrix

Assessment #s	43	44	45	46	47	48	49	50	51	52	53	54	55	56
Teacher	Grammar, Spelling, and Mechanics									Test Preparation and Test-taking				
Class														
Student Names														
Totals														

NOTES