



Teacher/Facilitator/Parent Guide

Study Smarts Facilitator/Teacher/Parent Guide

The Study Smarts study skills training is designed to help students learn what it means to become an independent learner. This guide is designed for you to take the video material and student workbook and dig a little bit deeper into the content areas by providing you with thought-provoking discussion questions. The questions are best used immediately following the video content for each skill area and after the workbook page is filled out. The questions are designed to serve you as you “draw out” of students how the particular values and skills apply to them personally. After all, you know your students personally and can assist them in maximizing the content in the video training.

We recommend that you watch the video and fill out the corresponding workbook pages before you try to lead your students through the content. This will help you get a firm grasp of the material and begin to think through how you might utilize and personalize the discussion questions. Our goal is to create a common language among students, teachers and parents. This common language can only be developed if everyone involved is fully invested in the material and agrees on the best ways to incorporate the strategies into your specific learning context.

The content for the different age groups is very similar in nature. Whether students are in 5th grade, 12th grade or even college, they still need to think positively about themselves, stay motivated and apply the necessary study skills. In other words, the content is similar; but the context changes. So whether your student is in a traditional school setting, homeschool, foster student or even in military school, the content can be applied in any context.

This brings us to our mission statement: Our mission at Study Smarts is to inspire students to think positively about themselves, create a desire in them to stay motivated to do their best and encourage them to apply study skills concepts that will allow them to achieve their maximum potential in school and life!

Our goal is to partner with you as a facilitator, teacher and/or parent to bring out the best in every student. We do that by providing them with a toolbox of values and skills that they can use for the rest of their lives. Your role to your student is to come alongside them when necessary and remind them of the tools they have and perhaps instruct and encourage them in ways that help them use the tools.

With that in mind, we are looking forward to going on this journey with you! We know your students will enjoy the training. It is very entertaining, educational and will equip every participant with the tools they need for life-long educational success.

Thank you for trusting us enough to join you!

The Study Smarts Team

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MISSION STATEMENT

Our mission at Study Smarts is to inspire students to think positively about themselves, create a desire in them to stay motivated to their best and encourage them to apply study skills concepts that will allow them to achieve their maximum potential in school and life.

SUCCESSFUL STUDENTS :: DISCUSSION QUESTIONS :: PAGE 2

1. Self worth :: Motivation :: Study Skills
Which one do you think students struggle with the most?
2. Which one do you struggle with the most?
3. What are some ways that students struggle with self worth, motivation or study skills?
4. Which one comes easiest for you?
5. If you could give advice to a student struggling with self worth, what would you say?
6. If you could give advice to a student struggling with motivation, what would you say?
7. If you could give advice to a student struggling with study skills, what would you say?

SELF WORTH :: DISCUSSION QUESTIONS :: PAGE 4

1. Why do you think self worth starts with what we think about ourselves?
2. Do you tend to think more positively or negatively about yourself?
3. How does your thinking affect your actions, habits, character and future?
4. What did you see when you took a look at yourself in the mirror?
What type of person are you? Were you happy with what you saw?
Were you disappointed with what you saw?
5. What are some good ways to keep what people see in balance?
6. When people say things about you, is it easy or difficult to determine what is truth and what is trash?
7. How does the “stuff” in your life influence what you think about yourself?
8. Is there anything in your life that would not be considered good “stuff”?
What is your plan for getting rid of it?
9. Do you find it easy or difficult to pick good friends?
10. Do you think your friends have a big influence in your life?
What are some practical ways your friends influence you either positively or negatively?
11. Why do you think people give up so quickly after they fail?
12. On a scale of 1-10, 1 being very quickly and 10 being not quickly at all, how quickly do you give up after a failure?
13. Is failure a person or an event? How can understanding the difference help you succeed?
14. What are some practical ways you are going to help build your self worth by thinking more positively about yourself?

MOTIVATION :: DISCUSSION QUESTIONS :: PAGE 5

1. Motivation is something that causes a person to act. Describe a time when you were the most motivated to get something done.
2. What is something you do that is intrinsically motivated?
3. What is something you do that is extrinsically motivated?
4. Do you notice a difference in your effort when it is intrinsically or extrinsically motivated? What differences do you notice?
5. When it comes to school, why do you think most students are extrinsically motivated?
6. How can being intrinsically motivated for school improve your performance?
7. On a scale of 1-10, 10 being the highest, how important is learning to you?
8. In the middle of studying and/or doing homework, why do you think it is so easy to forget why you are doing it?
What are some things you can do to remind yourself for whom you are working?
9. Why is it important to set short-term goals to achieve long-term success?
What short-term goals do you have right now?
What long-term goals do you have right now?
10. What specific activities will you do today to impact your future?
11. What changes do you need to make when it comes to your motivation?
12. If you had to give advice to someone with low motivation when it comes to school, what would you tell them?

ORGANIZATION :: DISCUSSION QUESTIONS :: PAGES 6-9

1. On a scale 1-10, 10 being very organized, how organized are you?
2. If you were to ask a parent, teacher or friend, how organized would they say you are?
3. If someone were to take a picture of your room, locker, notebook(s) and bookbag/backpack, what kind of rating would you get?
4. Why do you think organization is typically a good indicator of how successful someone is in their approach to their education?
5. Why do you think it is beneficial to try to get as much as you can in one location? (Example: a three-ring binder for all of your subjects)
6. List some advantages of having dividers in your notebook and using loose paper.
7. How important is using a student planner to keep track of your life?
How important is it to you personally?
8. What changes do you need to make when it comes to getting organized?
9. What things are you doing well right now that you can celebrate?
10. If you had to give someone advice about getting better organized when it comes to school, what would you say?

NOTE-TAKING :: DISCUSSION QUESTIONS :: PAGES 10-12

PAGE 10

1. On a scale of 1-10, 10 being the highest, how much do you like taking notes?
2. What are some reasons you don't like to take notes?
3. What are some reasons you like to take notes? What are the benefits?
4. Read the 5 note-taking principles again. Which one comes the easiest for you?
Which one is the most difficult for you?
Which one of the principles is your favorite and why?
5. Which one of the 8 organization tips for notes do you currently use?
Which one or two makes the most sense for you to add to your note-taking?

PAGE 11

1. Does this strategy make sense to you? What do you like about it?
2. Why do you think this method is so beneficial overall?
3. Which classes will be the easiest to incorporate this method?
4. Are you willing to see how it works for the next 4 weeks? Yes/No
5. What do you hope to see will happen if you start using this method?

PAGE 12

1. Currently, how well do you know what your teachers do to emphasize a point?
2. How will understanding and learning how your teachers teach help you take better notes and get better grades?
3. Describe a teacher or video teacher that uses body language to emphasize a point.
4. Why do you think teacher's pause before or after they say something important?
5. Which one of your teachers tends to repeat material that they really want you know?
6. Which one of your teachers writes information on a chalkboard, whiteboard, or projector?
7. Can you think of a teacher that uses introductory phrases like, "the five main...."?
8. How committed are you to learning more about how your teachers emphasize a point?
9. What are some practical things you can do to get better at this skill?
10. Your teachers have your best interest in mind? Yes/No/Not Sure
What factors did you use to determine your answer?
11. How will your answer to the above two questions, influence your performance?

MEMORY TECHNIQUES :: DISCUSSION QUESTIONS :: PAGES 13-15

PAGE 13

1. Would you currently describe your brain more like a junk drawer or a filing cabinet?
2. Which of the 5 memory techniques do you currently use?
3. Which one is your favorite and why?
4. Do you use any that are not in this list? Describe them.

PAGE 14

1. Were you able to memorize the vegetable list? Yes/No
If not, rewind the video and try it again!
2. What benefit do you see in alphabetizing information?
3. Do you have a current list that you could apply this method to right now?
4. What is your favorite rhyme that you have used to memorize something?
Why do you think it is so easy to memorize songs?
5. Why do you think acronyms work so well to memorize information?
6. Do you have a favorite acronym you have used in the past?

PAGE 15

1. What benefit is there in clustering material into similar categories?
2. When is the last time you clustered something for the sake of memorizing it?
3. Which one of the 5 visualization techniques made the most sense to you?
4. Which one have you used before?
5. Which one are you going to try?
6. How will all of these memory techniques contribute to you learning the material and getting better grades?

CONCENTRATION/STUDY AREA :: DISCUSSION QUESTIONS :: PAGE 16-17

PAGE 16

1. Which type of distraction trips you up the most? Internal or External?
2. Describe a time when you were super distracted.
3. Describe a time when you were super focussed.
4. Look at your list of distractions. What are some practical ways you can stay more focussed.
5. I will improve my concentration because.....(How did you finish that sentence?)
6. I will improve my concentration by.....(How did you finish that sentence?)
7. Your “why” and your “how” will directly impact your ability to concentrate.
Do you agree or disagree with the above statement?
8. How will taking responsibility for your concentration help you?

PAGE 17

1. Do you have something that is really bothering you?
Have you asked for help? If not, who are you going to talk to about it?
2. Are you getting enough sleep? Yes/No
How does your sleep impact your performance?
3. How is your diet? Are you eating properly?
How does your diet impact your performance?
4. Do you typically take the time to really understand your assignments? If so, great.
If not, what are some practical things you can do to get a better understanding?
5. On a scale of 1-10, 10 being the highest, how would you rate your desire to learn?
How does your desire to learn impact your ability to concentrate?
6. Do you have a hard time staying focussed on your work because you keep looking
at things around you? How will the simple act of “not looking up” help you?
7. Take a look at your study area. What is missing? How can you improve it?
8. Why do you think reading aloud may help you concentrate on your reading?
9. Making a list of your distractions will help you develop a better space and keep
you accountable. Will you commit to trying the next time you study? Yes/No
10. Using the checkmark technique will help you develop the ability to focus when
someone is talking. Will you commit to trying the next time you are listening? Yes/No
11. If the battleground for being distracted is won or lost in your mind, are you winning?
If not, what changes do you need to make to win this battle?

PROCRASTINATION ELIMINATION :: DISCUSSION QUESTIONS :: PAGE 18-19

PAGE 18

1. How do you rate when it comes to procrastination?
Were you surprised by your results or was it what you expected?
Explain your answer.
2. Do you believe procrastination is something that you can control? Why or why not?

PAGE 19

1. Do you currently have a designated time for studying? If so, great.
If not, take a look at your schedule now and determine the best 30-minute time slot in your day to dedicate to studying. (This is not homework time. This is just for studying.) (We will discuss later what to do during that 30 minutes.)
2. Why do you think it is best to do the hardest subject first?
3. What would you consider “unnecessary delays” that happen often when you try to start a task or a project
How can you avoid them?
4. What is a polite way to not allow people to interrupt you?
5. Have you ever timed yourself on a project? Yes/No
Why do you think developing this skill will help you with eliminating procrastination?
6. Do you get overwhelmed easily with big projects? Yes/No
How can breaking them down into smaller chunks help you actually get started?
7. Will you decide right now to stop procrastinating? Yes/No
8. If you had to give someone advice who was struggling with procrastination, what would you say?

TIME MANAGEMENT :: DISCUSSION QUESTIONS :: PAGE 20

1. Were you surprised by how much time you had left over? Yes/No
What did you learn from figuring that out?
2. Were you surprised by how busy you are? Yes/No
What did you learn from figuring that out?
3. What are some practical things you need to change in your schedule to allow you to keep your priorities in proper perspective?
4. Managing time is more accurately described as managing myself. Agree or Disagree?
Explain your answer.
5. How will you use your time today to your advantage?

GOAL SETTING :: DISCUSSION QUESTIONS :: PAGE 21

1. What do you think it means that “A goal is a dream with a deadline.”?
2. Describe a time when you set a goal and achieved it.
3. Describe a time when you set a goal, failed and quit.
4. Why do you think many people choose not to set goals?
5. What value do you see in setting goals?
6. Why is it important at the very beginning to determine how much time you have to complete the goal?
7. Writing your goals down is critical for accountability. What goal do you have right now that you are trying to accomplish in the next two weeks?
Take a moment to make a list of steps you will need to take to accomplish that goal.
8. Take a few moments and determine how long each step will take.
9. Once you complete your list, put your tasks on a calendar so you know if you will have enough time to complete your goal. You may need to make adjustments either on how long things will take or how long you need to accomplish your goal.
10. Tell your goal to someone else and let them know when you are starting so you can pick a day to start and stick with it.
11. What do you think this phrase means. “If you aim at nothing, you will hit it every time.”
12. When you complete this goal, start on another one. What do you think would happen if you developed a habit of setting goals?

STUDY HABITS :: DISCUSSION QUESTIONS :: PAGE 22

1. Have you ever crammed for a quiz or a test and received a really good grade?
What did you learn from that experience?
2. Have you ever crammed for a quiz or a test and received a really bad grade?
What did you learn from that experience?
3. Why do you think people resort to cramming rather than preparing a little each day?
4. What are some dangers to cramming?
5. Would you describe yourself as someone who waits till the last minute to study or as someone who takes a few minutes a day to study?
6. If you describe yourself as someone who crams, what will you need to change to develop a habit of studying at least 30 minutes a day?
7. In order to really learn information and get it into my long-term memory, I have to review, review and review. Agree or Disagree?
8. On a scale of 1-10, 10 being completely willing to sacrifice, how much are you willing to sacrifice to develop better study habits?

READING STRATEGY :: DISCUSSION QUESTIONS :: PAGE 23

1. Do you enjoy reading? Yes/No
2. If yes, great. If no, what is it about reading that you don't like?
3. How important is reading to become a successful student?
Very Important/Sorta Important/Not Important At All
4. Do you remember what LQ3R stands for? If not, review that until you have the steps memorized - Look Over : Question : Read : Recite : Review
5. Why do you think looking over the assignment before you start will help you as you read a textbook?
6. How does turning the title and subheadings help you get more engaged?
7. Do you think reading the paragraphs to find the answers will help you read with more of a purpose? If so, describe how it will help.
8. Why is it so critical to recite your questions and answers as often as possible?
9. Reviewing your textbook does not mean that you just reread it. What are some practical ways to review the textbook using LQ3R?
10. Currently, would you describe yourself as an active or passive reader?
11. How will becoming more of an active reader help you with understanding your textbooks?

VOCABULARY BUILDING :: DISCUSSION QUESTIONS :: PAGE 24

1. On a scale of 1-10, 10 being broad/extensive, how broad is your vocabulary?
2. Do you think vocabulary building is a choice for the most part? Yes/No
3. Why do you think most students find it difficult to make the choice to improve their vocabulary?
4. How can building a broad vocabulary make you a better communicator?
5. How can building a broad vocabulary make you a better listener?
6. How can building a broad vocabulary make you a better reader?
7. How can building a broad vocabulary make you a better writer?
8. Besides using 3X5 cards, keeping a vocabulary section in a notebook and choosing to pick and recite words often, what are some other ways to build a broad vocabulary?

LEARNING STYLES :: DISCUSSION QUESTIONS :: PAGE 25-27

1. What type of learner are you? Auditory/Visual/Kinesthetic
2. If you happen to have two dominant styles or even if all three are even, how does understanding the different learning styles help you prepare to learn?
3. What kind of possible tension can happen if a parent/teacher has a different learning style than you?
4. How can you make the most of the different learning styles when people are teaching you or helping you study?
5. What advantages are there of studying with people who have the same learning style?
6. Take a look at page 27 and put check marks around the activities that you are currently doing and circle the activities that you plan on trying.
7. If you know how you learn, you will know the best way to study. Now that you know your learning style, what are some things that you can do differently to maximize your education?

TEST TAKING :: DISCUSSION QUESTIONS :: 28-31

PAGE 28

1. Page 28 is designed as a checklist for preparing for a test. It is also designed as a way to review key concepts that you have learned so far. With that in mind, what are some things you currently do to prepare for a test?
2. How does being prepared reduce stress?
3. How can being a detective (asking questions about the test) put you in a better position to get the best grade possible?
4. What are some practical ways to practice taking a test?
(Hint - Use your note-taking system and LQ3R reading strategy.)
5. Getting a good night's sleep is easier if you are not waiting till the last minute to study. How does studying a little each day vs. cramming contribute to helping you get a good night's sleep?
6. Is there any room to improve your diet especially before test days? What changes will you need to make?
7. How does positive thinking before a test impact your performance?
8. How often are you truly prepared for a test to be able to say that you did your absolute best on the test?
9. How will this checklist help you do your best every time?

PAGE 29

1. How will scanning the test before you start serve as a way to get calmed down and prepared? (Hint - You can take deep breaths and tense up all your muscles and relax while you are scanning it over.)
2. Why is reading all the directions before you start a great way to take a test?
3. How will planning your time reduce stress before you start the test?
4. How will answering the easiest questions first help you as you take the test?
5. Why is it important to put + signs by the ones you think you could get, and - signs by the ones that you don't think you'll get? How will this help you navigate your way through the test?
6. Once you get to step 5 (answer all the questions), you will have been through the test 7 times. Let's count them - 1 (Scan) 2 (Directions) 3 (Plan Your Time) 4 (Easiest Questions) 5 (+ Signs) 6 (- Minus Signs)
Do you think it's worth it to go through it again to make sure you answered all the Questions? Yes/No
7. When completing step 6 (check your work), why should you only change answers that you are completely positive are incorrect?
8. Can you say all of the steps just from using these letter? SDPEAC If not, review these test-taking steps until you have them memorized.
Scan : Directions : Plan : Easiest : All : Check

TEST TAKING CONTINUED.....

PAGE 30

1. Go through page 30 and put a checkmark by the clues that you currently use and circle the clues that you plan to use in the future.
2. Why should these clues only be treated as clues? (Hint - You can't depend on them 100% of the time.)

PAGE 31

1. How is a great essay like an airplane ride?
2. Which one of the 5 steps to writing a great essay is the most difficult for you?
3. Which one of the 5 steps to writing a great essay is the easiest for you?
4. How do you think all 5 steps will help when it comes to writing essays?
5. What are some practical ways to practice these steps before it actually counts on a test? (Hint - Write a compelling essay about a few topics that you are passionate about. You could also give a speech about something you care about and treat it as though you are writing an essay.)

S.M.A.R.T.S. :: DISCUSSION QUESTIONS :: PAGE 32

1. Are you a Student Motivated And Ready To Succeed? Yes/No
2. What was your favorite part about the Study Smarts training?
3. What was your least favorite part about the Study Smarts training?
4. List at least 5 ways that you think this training will help you maximize your education.
5. Pick at least 3 people in your life that you think will help you the most when it comes to your education and ask them to keep you accountable.
6. Send an email to services@studysmarts.com and let us know your answers to questions 1-5.

Thanks for allowing us to be a part of your educational journey!
The Study Smarts Team