



## Program Highlights: Study Skills

Sylvan's Study Skills program for grades 4-8 is designed to help students become independent learners and tackle increasingly demanding workloads.

### Our progression of skills

Our program follows an intentional order for learning skills. It's based on a researched learning progression.

- Students begin with foundational study skills concepts, such as organization, goal setting and time management.
- Then, they move on to subject-specific study strategies, such as note taking, reading, and study and test taking.

In addition, each course or focus area is organized in a way that makes sense developmentally for learning. As students move along the progression, they receive instruction on each skill, independent practice and an opportunity to apply the skill to real life or schoolwork.

The goal is to help students internalize the skills, so they have them and know how to apply them.

### A highly-personalized program

We can create a program to address the specific skill sets and strategies your child needs to become the most effective and efficient student he or she can be. Here is what we can focus on and what you can expect:

#### Focus area

#### What to expect

##### Study Skills and Goal-Setting Essentials

Students learn key study strategies and habits to become more independent and effective. For example, they develop a "yes I can" mindset. They learn to set and achieve short- and long-term goals. And they understand themselves as learners.

##### Improved Organization and Time Management

Students develop and refine the time management and organizational habits they need succeed in school, life and beyond. They learn how to:

- Use an academic planner to track assignments and grades.
- Manage time and responsibilities inside and outside the classroom.
- Organize their schoolwork and study area.

##### Reading for School Success

Students develop active reading strategies to read effectively in every class and to manage the increasingly large amounts of text they'll encounter in advanced high school courses and college. They learn to:

- Use text features to improve comprehension.
- Use visual aids and context clues to read strategically.
- Locate the main idea and summarize it.
- Skim and scan for details.

##### Powerful Communication and Presentations

Students develop communication and presentation skills for school and life. They develop active listening strategies, learn how to speak clearly and appropriately, and hone strategies to present information effectively.

##### Note-Taking Strategies That Work

Students learn how to use a variety of strategies and graphic organizers to take notes to organize information, study effectively and improve test scores. We teach a variety of note-taking methods to record and manage information, so students can improve comprehension and study efficiently and effectively.

##### Test-Taking with Confidence

Students learn how to use a study process to prepare for tests and quizzes for various subjects. They also get study strategies on how to tackle different types of tests and item types. Students also get helpful tips on how to manage test anxiety so they go into tests with confidence.

\*Some of the research sources that guide the Sylvan Study Skills Program include Stanford researcher, Carol Dweck's "Mindset: The new psychology of success" (2006); The Aspen Institute Communications and Society Program's research on "Digital and media literacy: A plan of action" (2010); Allan and Clarke's "Nurturing supportive learning environments in higher education through the teaching of study skills: To embed or not to embed?" (2007); and Conley's "College knowledge: What it really takes for students to succeed and what we can do to get them ready" (2005).



# Program Highlights: Study Skills

## Our research-based approach

Our program is rooted in scientific research\*. It focuses on the skills and strategies your son or daughter needs to:

- Become an independent learner.
- Manage increasingly demanding workloads when students transition to middle school and then to high school.

These transition years can be very emotionally and academically challenging for students. They have to tackle responsibilities and assignments — both school- and extracurricular-related — with increased independence.

We've used our research to create a comprehensive study skills program. It addresses a range of topics, including traditional study skills and strategies, and digital and media literacy.

### Focus area

### What to expect

#### Writing to Win

Students learn writing and research processes and strategies that can be applied to all subjects. They master all steps of the writing process, from drafting to publishing. They also develop key research skills, such as evaluating sources and writing a bibliography.

#### Navigating the Digital World

Students develop skills to be smart, responsible and safe students and 21st century citizens. They learn to locate, evaluate and share digital information responsibly and effectively. We also spend time on the importance of and ways to practice safe and courteous online behavior.

## Elements of every session

In addition to the skills and strategies we teach, each session includes the following:

#### Ongoing Skills Tracking

We ask that all students keep an academic planner. We monitor their planners to ensure that they are:

- On track with preparing for assignments.
- Devoting time to keeping school materials well organized.

#### Skills Application

We offer more than instruction. We provide students an opportunity to apply each skill and strategy to schoolwork or real-life situations. This way, students understand the connection between what they're learning in the program and how it can make them a successful student.

#### Review of skills as needed

When your son or daughter has a school assignment that relates to what's being taught at Sylvan, our teachers are happy to review specific skills and strategies. We always want to create a connection to school!

**Set your son or daughter up for success with these lifelong skills!**