

Session 3

“Study Skills/Organizational and Time-Management Skills/ Test-Taking Strategies” – 1

Goals

- To assist students in developing study skills, organizational skills and test-taking strategies
- To assist students in learning the value of time management as it relates to school, home and the work place.
- To illustrate how being attentive in class, being disciplined about your homework and study habits, and learning test-taking strategies all work together to help students become successful.

Materials

Activity 1
Activity 2
Activity 3

Procedure

Greet the students. Wait until the students are seated and quiet. Ask a student from the class to recap the previous lesson. Briefly describe the goals of today’s lesson.

Pass out Activity 1 Form. Go over the information with the students. Allow them to complete the questionnaire.

Script

How many of you remember talking about Arthur Ashe during our last visit? Are there any important facts that you remember? Allow the students to respond to your questions before moving on to today’s lesson.

Today we are going to talk about Study Skills, Organizational Skills, Time Management and Test-Taking Strategies.

We will begin with Activity #1.

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“Study Skills/Organizational and Time-Management Skills/ Test-Taking Strategies” – 2

Activity 1 instructions: What Are My Study Habits?

Complete this questionnaire about your current study habits. Circle the number that best describes your study habits in each statement.

Activity 2 instructions: Skills for Classroom Success

Below are several skills that are important for being successful in class. Read each item, then circle the number of the response that is most like you at this time.

Activity 3 instructions: Quote For Discussion

Read the quote. Ask the students what they think the author was trying to say.

Can you think of something that you are excellent at doing? Can you think of something you have practiced and gotten better at doing? Discuss some habits or practices that improve academic performance?

*“Excellence is not an act but a habit.
The things you do the most are
the things you do the best.”*

*Marva Collins(born 1936)
American Educator*

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“Study Skills/Organizational and Time-Management Skills/ Test-Taking Strategies” – 3

Activity 4 instructions: How Do I Show What I Know?

Have the students read the “How Do I Show What I Know?” Worksheet. Place a check mark beside the things that you are already doing to prepare for a test. Have the students discuss the things they are not currently doing. Talk about why it is not being done. Ask the students if they have other suggestions for improving test-taking success. Have the students add the suggestions to their worksheet.

Activity 5: VA Hero

Atiim Kiambu Hakeem-ah "Tiki" Barber (born April 7, 1975 in Roanoke, Virginia) is a news and sports broadcaster, author, and former American football running back for the New York Giants. He is the identical twin brother of Ronde Barber, a cornerback who plays for the Tampa Bay Buccaneers. Tiki retired from the NFL at the end of the 2006 NFL postseason as the franchise's all-time rushing and reception leader.

Tiki and his identical twin brother Ronde Barber were born in Roanoke, Virginia to James and Geraldine Barber. When his mother heard him screaming strenuously shortly after being born, she named him Attiim Kiambu, or “Fiery-Tempered King”. Tiki and Ronde were raised solely by their mother, who worked multiple jobs and scheduled them so she wouldn't miss any of their games. Their mother also would not let them play sports until their homework was complete.

Growing up, Tiki's favorite player was Walter Payton, a fellow running back. His favorite team was the Washington Redskins. He attended Cave Spring High School in Roanoke and was valedictorian of his graduating class.

During his high school career, Tiki excelled in both football and track and field, lettering three times in track and winning state indoor and outdoor long jump titles twice. In football, he was named to the all-Roanoke Valley District team three times. He was named All-Region twice as well as adding two nods as Male Athlete of the Year, and co-captained the team his senior year. He received the Cave Spring Knight award for academic, athletic and extracurricular activity.

After graduation from high school, Barber attended the University of Virginia with his brother Ronde and played for the varsity football team. During his record-setting 1995 season he was named a finalist for the Doak Walker Award, given to the nation's top running back. He continued running track in college as well, lettering three times. Barber earned a degree in Management Information Systems, and was a self-professed "geek" with interests in computers, web design, and programming. In October 2006, on behalf of their family, Tiki and Ronde Barber made a donation of \$1 million to their alma mater. At the event where the check was presented, the Barber brothers cited their mother's influence, particularly related to academics and civic participation.

Barber was drafted by the New York Giants in the 2nd round of the 1997 NFL Draft out of the University of Virginia. It was in 2000 when Barber enjoyed his breakout year as a NFL running back. Established as a starter and playmaker, Barber was rewarded with a six-year contract from the Giants following the 2000 season. Following the signing, he called himself "the happiest man in New York right now."

Over the next four years Barber would become an integral part of the Giants offense. In 2005, he was the NFL's top yardage gainer from the line of scrimmage. He was voted by his peers to three Pro Bowls. Barber became a standout starting running back and the all-time leader in rushing yards in New York Giants history. From 2000-2006, Tiki Barber gained the most yards from scrimmage by any NFL running back in that 7 year period. In the 2006 season, Barber became the third player in NFL history to have four 2,000 total yard seasons, joining Marshall Faulk and Dante Hall. Barber played his final game on February 10, 2007 at the 2007 Pro Bowl in Hawaii.

On February 13, he was formally introduced as a member of NBC's Today Show and Football Night in America/Sunday Night Football. On September 18, 2007, Tiki's new book, Tiki: My Life and the Game Beyond was published. The autobiography was co-written by Gil Reavill. From the publisher's description, the title is described as "a riveting, inspiring read for football fans who want to know what really goes on behind the scenes and in the locker room, and for anyone looking to glean inspiration to follow their dream."

Activity 6: Life Skill

You must complete your homework every day.
When homework is assigned, do not moan or complain.
Be as organized as possible.