**Study Skills - Week 10 - Oct 13 - 16, 2015**

**Tuesday – Oct 13**

**TOPIC: S.L.A.N.T.** I’m going to teach you about something you already do. ‘A’ students get A’s because they probably do it more than anyone else in class. Do they do it all the time? No. They do it when they know it’s important to do it. It’s something you can do without any one around you knowing you are doing it. If you are getting a low grade in class this is one of the fastest ways to raise it.

**S –** Sit-up

**L** – Lean forward

**A –** Act Interested/ Actively Listen

**N –** Nod Occasionally

**T -** Track the teacher

**Wednesday- Oct 14**

**TOPIC: Are you too sleepy to get up for school?**

Stayed up too late

Growing requires more sleep

- pain management takes energy away from your body all day long

Warm bed - cold room is the best setting to get deep sleep

Interrupted sleep – can’t spend enough time in deep R.E.M. sleep

Current level of health, Poor food choices, Caffeine or Chocolate, Stress, Excitement,

Daylight savings / Winter hibernation instinct gives you deeper sleep but also makes you want to sleep more…

**Thursday – Oct 15**

**TOPIC: Understand and Remember What You Read**

Before beginning a selection,

It is HELPFUL TO **PREVIEW** WHAT YOU ARE ABOUT TO READ.

**Previewing Strategies**

Read the title, headings and subheadings of the selection

Look at the illustrations and notice how the text is organized

Skim the selection: Take a glance at the whole thing

* Decide what the main idea might be
* Predict what a selection will be about

PREDICT - Have you ever read a mystery, decided who committed the crime, and then changed your mind as more clues revealed? You were adjusting your predictions. Did you smile when you found out you guessed the murderer? You were verifying your predictions.

**Making predictions before and during reading will focus your attention**

**on the text and improve your understanding**.

**Friday – Oct 16**

**TOPIC: Determine the MAIN IDEA**

When you actively look for the main idea, **you are looking for the most important**

**statement in the section.**

* Placement of **the main idea can be in the beginning**

**(news and magazine articles, most school texts)**

or **at the end (scientific conclusions or fiction novels).**

Ask yourself the following questions:

What is each paragraph about?

Is there one sentence that is more important to the meaning of the section?

What idea or concept do the details in the paragraph support or point out?