

SESSION

10

ORGANIZATIONAL AND STUDY SKILLS

SESSION TOOLS

The following materials are included for you to utilize during Session 10 of this module:

Handout: Parent-O-Meter

Handout: Goal Line

Handout 10.1: Study Skills for School

Handout 10.2: Homework Contract

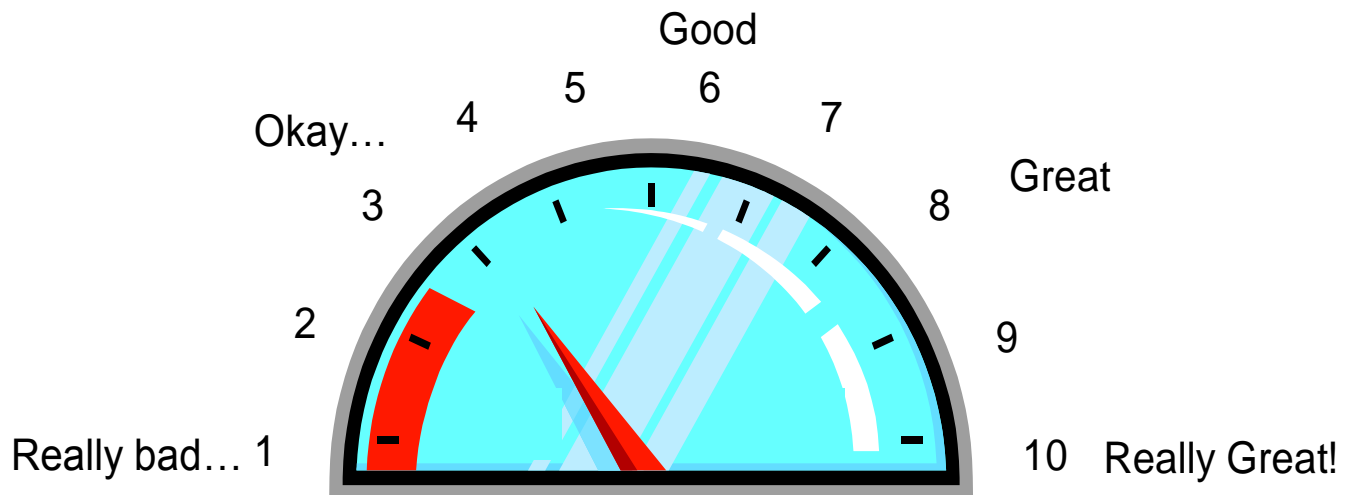
Handout 10.3: Alternative Contract

Parent-O-Meter

This Week's Goals: _____

How did my parent(s) do?

CIRCLE A NUMBER!



Goal Line



Directions: Place a check mark in the “Progress” Box each time a Goal is completed.

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

Rewards for Goals Achieved:

Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad

Study Skills for School

- Take notes in class when the teacher is talking about new ideas.
- Ask the teacher questions when you don't understand what he/she is saying.
- Keep an organized book bag so it is easy to find the materials you need.
- Write homework assignments down in assignment book or other notebook.
- Double check that you have the correct assignment.
- Before going home, make sure you have all the books and notebooks you will need to complete your homework assignments.

Homework Contract

Begin with Negotiation – Work Things Out Together

The following are suggested areas where students can have input: time, place and rules.

- Decide on when and where homework will be done. Times may vary depending on individual schedules. A daily schedule may be a helpful reminder. Identify a place where homework will be completed.

- **Time** _____

- **Place** _____

- What **materials** are needed for homework completion?

- What **rules** are in place during homework time?

- 1.

- 2.

- 3.

- What **monitoring** methods will be implemented during homework time?

- What steps can you take to make sure your long-term projects are completed on time?

My child and I have discussed and agreed to the following homework plan.

Student's Signature

Parent's Signature

HANDOUT 10.3

Alternative Contract

- 1.) Decide on when and where you will do your homework. For example, pick a quiet place in the house and pick a time of day to always do your homework.
- 2.) Make sure you have all the things you need before starting your homework. For example, make sure you have pencils, paper, erasers, or anything else you need.
- 3.) Put away everything else that you don't need.
- 4.) Don't do your homework in front of the television or listening to the radio. Don't talk on the phone during the time you have said you will do your homework.
- 5.) If you have a big project coming up, try to break it down into smaller steps and work on the smaller steps each day.
- 6.) Double-check your answers.
- 7.) Ask your parent to check your homework and make sure that you have completed everything.
- 8.) Place notes to remind yourself of what you need to do in a place where you will always see it, i.e., on your locker, on your notebook, on your desk.

I will do my homework at this time _____ and in this place _____ every day.

Before I start my homework, I need to get _____.

I will turn off the _____ before doing my homework.

I will ask _____ to check my homework when I am done.

Student's Signature

Parent's Signature