



Study Skills and Learning Strategies

Study Skills and Learning Strategies is a component of a nationally recognized ([2020 MAGNA Award Winner](#)) research-based, research-responsive, and evidenced-based model for expanding postsecondary access to workplace, military, and college/career pathways.

Study Skills and Learning Strategies provides hands-on guidance for K-12, community college, and college students in developing and applying study skills and learning strategies to increase academic performance, increase self-confidence, and develop the metacognitive skills to optimize learning. Through a front-end process supporting all subjects and test prep, students are guided through a 5-step process of developing a personalized learner profile:

1. Developing a learner profile by assessing their personality type, temperament, mindset, grit, and gifts and talents
2. Developing an interest profile to identify potential career pathways
3. Engaging in an assessment of their circadian rhythm to identify time-of-day energy levels and when they are most alert
4. Identifying research-based study approaches aligned with their learner profile
5. Identifying high value brain-based learning strategies aligned with their learner profile

Students emerge from this process with a planned approach for each step of the 5-Step Study Cycle:

1. Before Class
2. In Class
3. After Class
4. Study
5. Test Prep

Students are guided not only through developing successful strategies for in-school learning, but developing at-home strategies and creating a learning environment aligned with their learner profile.

Deliverables:

1. Individualized learning assessment
2. Individualized learner profile and 5-step study plan
3. Increased classroom engagement and self-monitoring
4. Cognitive awareness for engaging in on-going self-assessment and monitoring
5. Plan for establishing at-home study routines, materials, and location to be presented to parents
6. A copy of "Career or College Pathway - Study Skills and Learning Strategies"
7. A copy of "Study Skills: Strategies for Becoming a Successful Learner"
8. A copy of "Study Skills: Strategies for Becoming a Successful Learner - Student Workbook"
9. Pre- and post-assessment of student classroom and test performance

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