

## **STUDY SKILLS/TEST PREPARATION**

With the use of videos, websites and hands-on activities, students will acquire organization techniques that will help improve school performance; learn how to prepare a study space; time management skills, identify learning styles; tips on how to prepare for test in subjects like: math, spelling, reading, science and social studies. Students will be more confident during testing time and succeed academically. According to a study at Ohio State University, high school students that took a study skills course for one term experienced a 16% increase in their GPA.

## **COLLEGE/CAREER EXPLORATION**

It's never too early to get kids prepared for college and career. The State of Michigan requires that each student have an Education Development Plan by the 7<sup>th</sup> grade which should be completed annually until graduation from high school. With the use of career inventories, videos and websites, students will discover their talents and learn about various career options. Students will be guided on how to research various career and college matches which motivates them to graduate from high school.

## **GOAL SETTING**

Students will be encouraged to set obtainable personal and academic goals and learn how to create an action plan. Students will be challenged to provide frequent updates toward achieving their goals. Achievement is the result of a vision, setting goals is the first step. Students that learn this skill are 84% more efficient in achieving their goals (Bork 2008).

## **LIFE SKILLS**

With the use of a guided curriculum and other resources students will develop skills that will increase self-esteem. Topics such as: health & hygiene, assertiveness, communication skills will be covered.

## **SOCIAL SKILLS**

With the use of videos, role playing and group meetings, students will learn how to behave in various social settings by developing positive behaviors and social etiquette skills. Issues such as gossip, cliques, rumors and misunderstandings will be addressed. Teacher will be given support on how to intervene and prevent fights.

## **CONFLICT RESOLUTION**

Using role playing of various scenarios, students will learn rational thinking skills and apply them to real life situations. The focus is to identify negative reactions and learn how to handle conflict positively. This student centered group will allow students to develop appropriate coping skills to effectively resolve conflict.

## **ANGER MANAGEMENT**

With the use of videos, self-assessments and role playing student will be able to identify and address anger issues. The goal is to learn techniques on how to control anger and develop positive communication skills. Teachers will be given support on how to help students. Learning to control emotions decreases violence and increases productivity.

## **GRIEF COUNSELING**

Students that experience loss or separation need support. It is recommended that they are referred to an outside agency for in-depth grief counseling, but brief grief counseling is necessary during the school day. This will consist of using timeout to explore emotions, use of journals, and art therapy just to name a few.