

Lesson Plan: Study Skills & Test Prep

Grade Level: Middle School

Duration: 50 minutes

Topic: Study Skills & Test Preparation

Objectives

- Identify effective study habits and strategies.
- Understand the importance of organization and time management.
- Learn test-taking strategies to reduce anxiety and improve performance.
- Practice applying study and test prep skills through activities.

Materials Needed

- Whiteboard/Markers
- Handouts on study strategies
- Sample practice questions
- Timer/Clock

Lesson Outline

1. Introduction (5 minutes)

Begin with a short discussion: Ask students what strategies they already use to prepare for tests. Write answers on the board. Highlight common themes.

2. Study Habits & Organization (10 minutes)

Introduce key habits such as setting a study schedule, creating a quiet space, breaking material into chunks, and using tools like flashcards or study guides. Show examples of how to organize notes and materials effectively.

3. Time Management Activity (10 minutes)

Provide students with a sample week and ask them to schedule study time around school, activities, and rest. Discuss how planning ahead can reduce stress.

4. Test-Taking Strategies (10 minutes)

Teach strategies such as reading directions carefully, answering easy questions first, eliminating wrong answers, and managing time during a test. Share calming techniques for reducing test anxiety.

5. Practice Activity (10 minutes)

Distribute sample multiple-choice and short-answer questions. Allow students to apply test-taking strategies. Afterward, review as a group and reflect on what worked.

6. Wrap-Up & Reflection (5 minutes)

Ask students to write down one new study or test prep strategy they will try before their next test. Share a few aloud to reinforce learning.