

Lesson Plan

Keys To Your Future: College & Career Readiness™

Maximizing Study Time

🕒 45 minutes

Prerequisite: Keys To Your Future—Balancing Daily Life



INSTRUCTIONS

Each digital lesson is supplemented with a follow-up synchronous lesson plan to extend and reinforce learning. Activities and questions are structured in a way that supports both in-person and virtual classroom settings.

OBJECTIVES

Students will be able to...

- Differentiate high school and college class experience.
- Understand course load and the study-time required.
- Learn and evaluate methods for maximizing study-time.

MATERIALS

- Class & Study Time Comparisons Chart
- Students Who Struggle Say... slide show
- Big Difference Comparison Chart
- 12 Study Tips for College Success Sheets—scissors to cut into cards or pre-cut and put into bundles

SECTION	DESCRIPTION	FORMAT	DURATION
Opening	Possible Prompt: “Many students who have solid study habits in high school struggle in college. Let’s see what you know about their differences.” Partner Guess: With a partner, review the Class & Study Time Comparison Chart. Fill in what you think the college portion would be. Class Reveal: Teacher displays the answer chart. Discuss: Where is the biggest difference? Why do you think that is? Source	<i>Discuss with a partner.</i> <i>Share out with class.</i>	10 mins
New Learning	Possible Prompt: “According to the data we saw from the Humboldt Learning Center's pdf... the advice is to spend 2 hours studying for every 1 hour in non-science classes at a minimum.” <i>Ex. 12 credit hrs x 2 hrs = 24 hrs studying/week.</i> “Let’s explore how this might cause students to struggle. We will read a couple of statements from students and see where they went wrong.” How to Use Slideshow: Students Who Struggle Say • Read Student A’s struggle. Discuss as a class what the problem is. Then reveal the next slide. • Repeat for Student B.	<i>Read as a class.</i> <i>Discuss as a class.</i>	8 mins

SECTION	DESCRIPTION	FORMAT	DURATION
New Learning (cont'd)	Class Share: Use the <i>Big Difference Comparison Chart</i> to review how a typical high school experience compares to a college (some information is a repeat.) Class Discuss: Why are these differences a hard adjustment for some students?		
Activity	Possible Prompt: “There are many ways to help students learn how to study better and do well in college. Read over the 12 Study Tips for College Success Cards.” Individual: Organize the cards on your desk according to this question: “WOULD YOU BE WILLING TO PUT THIS TIP INTO PRACTICE?” No / Maybe / Yes Pair Compare: Once the cards are arranged, compare your cards and categories with a partner. Pair Write: Decide together 6 tips you could put into action today. List the card titles on the poster with #1 as the most likely to start doing.	Organize individually. Create in pairs. List in pairs.	15 mins
Discussion	Class Share: Each group will share their Number 1 tip they'd put into action right away and why.	Discuss as a class.	8 mins
Closing	Possible Prompt: “Studying in college requires a lot of self-discipline and a new mindset about what it means to study. It's not just time spent, but how you spend it. By putting a few of the study tips into practice now, you can better prepare for the transition ahead.”	Formalize learning with the whole group.	1 min

SECTION	DESCRIPTION	FORMAT	DURATION
Evaluation	What benefits do you expect to see if you start practicing the #1 study tip you identified?	Assess individually.	3 mins

CLASS & STUDY TIME COMPARISON CHART

	HIGH SCHOOL	COLLEGE
How many hours are spent in class per week?	30 hours	12 hours
How many subjects are covered per week?	6 subjects	4 subjects
How many hours are spent studying per week?	2-3 hours (mainly before a test)	24 hours