

DOBBS FERRY MIDDLE SCHOOL
Dobbs Ferry, New York 10522

COURSE OUTLINE

SUBJECT: Study Skills Class

GRADES: 6-8

Offered: Full Year

Type of Course: Required

COURSE DESCRIPTION:

This class is designed to provide students with the organizational, study, and social skills necessary to be college and career ready. It also provides students with the tools they need to think critically, behave safely, and participate responsibly in today's online world.

ANTICIPATED OUTCOMES:

By June of this school year, students in this class will be able to:

- Set goals
- Establish priorities
- Manage time
- Organize papers, desks, lockers, and other space
- Work with teachers and peers
- Study for tests
- Identify strategies for managing their online information
- Protect their own privacy and respect the privacy of others
- Explore their own digital lives
- Properly use copyrighted information
- Develop positive online relationships
- Identify, find, evaluate, and use information effectively
- Handle and properly report cyberbullying
- Identify and use emotion management strategies
- Improve decision making skills and interpersonal effectiveness
- Understand the benefits of living mindfully
- Identify and use distress tolerance skills
- Increase empathy and compassion for others
- Understand their values and purpose
- Identify their dreams and the actions needed to achieve them
- Improve the ability to work as part of a team
- Identify their Holland Codes (personality types as related to choosing an appropriate career) - grades 7 & 8
- Identify at least three careers of interest - grades 7 & 8
- Use college and career software to research careers of interest - grades 7 & 8

COMMON CORE STANDARDS:

See the Common Core alignment PDF:

<https://studyskills.com/wp-content/uploads/2014/05/Common-Core-Correlations-to-SOAR-Learning-Soft-Skills.pdf>

MATERIALS:

Chromebook: Fully charged

Headphones: Their own personal set

Folder: Any color

Independent Reading Book OR Lang. and Lit. Class Novel

STUDENT/PARENT RESOURCES:

1) Common Sense Media

<https://www.common sense media.org/>

2) CharacterStrong

CharacterStrong.com

3) Wellness & Resiliency - taught by School Counselors

[DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents \(DBT STEPS-A\)](#)

4) John Holland's Theory of Personality Types - taught by School Counselors

[Holland's Theory](#)

5) Naviance - Online College & Career Planning Tool - taught by School Counselors

www.naviance.com

Date: Spring 2022