

# Grade 7 Life Orientation Worksheet

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## Study methods

Read the following from **How-to-Study.com**

### **The ten study habits of successful students**

Successful students have good study habits. They apply these habits to all of their classes.

Read about each study habit. Work to develop any study habit you do not have.

Successful students:

**1. Try not to do too much studying at one time.**

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

**2. Plan specific times for studying.**

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

**3. Try to study at the same times each day.**

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

**4. Set specific goals for their study times.**

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

**5. Start studying when planned.**

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination". If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

**6. Work on the assignment they find most difficult first.**

Your most difficult assignment will require the most effort. Start with your most difficult assignment, since this is when you have the most mental energy.

## Grade 7 Life Orientation Worksheet

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### 7. Review their notes before beginning an assignment.

Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

### 8. Tell their friends not to call them during their study times.

Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea – turn off your cell phone during your study times.

### 9. Call another student when they have difficulty with an assignment.

This is a case where "two heads may be better than one".

### 10. Review their schoolwork over the weekend.

Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning when another school week begins.

**These ten study habits can help you throughout your education. Make sure they are your study habits.**

### Class discussion

As a group, discuss what you have read above. Discuss the following issues:

- Do you follow these study methods?
- Do you have a method of study?
- Do you think this study method could work?
- Do you plan your study times?
- Do you set goals – for example, on Monday I will study Chapter 1 and on Tuesday I will study Chapter 2?
- Do you write notes and summaries of your study material?
- Do you read with understanding?
- How will this guideline help you to improve your study methods?

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Your teacher will assess your participation in the group discussion using the following checklist.

### Checklist for assessing learners' participation in the group discussion

Checklist for observation of group discussions			
Name: _____ Date: _____			
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker using polite phrases?		
3	Show evidence of having understood the concept of study skills?		
4	Support point with which s/he agrees?		
5	Disagree with points politely and constructively?		
6	Give reasons to support an alternative point of view to those expressed by the speaker?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		

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## Suggested Solutions

Use the checklist in the Appendix of Assessment to assess learners' participation in the group discussion.

## Appendix of Assessment Tools

### **Checklist for assessing learners' participation in the group discussion**

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<b>Name:</b>		<b>Date:</b>	
	<b>Criteria: Does the learner:</b>	<b>Yes</b>	<b>No</b>
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