



Choose Your Division

4TH-5TH GRADE

6TH-8TH GRADE

9TH-12TH GRADE



March

ACADEMIC HABITS & STUDY SKILLS

4TH-5TH GRADE

THEME OVERVIEW:

At this stage, children are still forming routines. A simple checklist makes it easy for them to keep track of what needs to be done and encourages a sense of accomplishment when they complete tasks.



Worksheet HOMEWORK CHECKLIST

4th-5th Grade

STAY ON TRACK

	Monday <input type="checkbox"/>	Tuesday <input type="checkbox"/>	Wednesday <input type="checkbox"/>	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
Reading	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>
Math	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>
Science	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>
Social Studies	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>
Other	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>	Assignment: Due Date: Done? <input type="checkbox"/>

WEEKLY WINS

Write one thing that you are proud of accomplishing this week.





FAMILY CHALLENGE:

Study for 20 minutes each day without distractions for a full week.

REFLECTION PROMPT:

How did you feel after studying without interruptions?

Did it help you remember better?





March

ACADEMIC HABITS & STUDY SKILLS

6TH-8TH GRADE

THEME OVERVIEW:

Middle schoolers benefit from structured note-taking to help them organize information, prepare for tests, and review efficiently. The Cornell method promotes active learning.



Worksheet

6th-8th Grade

CORNELL NOTES ORGANIZE & REVIEW

TITLE: _____

DATE: _____

INSTRUCTIONS

Use Cornell Note Taking System. As you take notes, put keywords, questions, and main ideas in the Cue section. Write detailed notes or expand on main ideas in the Notes section. Then, summarize in the bottom box.

Cue	Notes
Summarize most important notes:	

EXTRA TIPS

- Leave space between notes for adding information later.
- Use symbols or abbreviations to save time.





FAMILY CHALLENGE:

Teach a family member one thing you wrote in your notes this week.

REFLECTION PROMPT:

Did teaching help you remember the material?

How could you explain it more clearly?





March

ACADEMIC HABITS & STUDY SKILLS

9TH-12TH GRADE

THEME OVERVIEW:

High schoolers need strategies to make study time more efficient. Active recall (testing yourself instead of just rereading) improves retention and prepares them for independent learning in college or careers.



Worksheet

9th-12th Grade

STUDY SCHEDULE & ACTIVE RECALL PLANNER

WEEKLY STUDY SCHEDULE

INSTRUCTIONS

Fill out the schedule with your daily study sessions. Color-code based on subject for even more organization.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

PRIORITIES OF THE WEEK

Write your top academic goals.





Worksheet

9th-12th Grade

STUDY SCHEDULE & ACTIVE RECALL PLANNER

ACTIVE RECALL

- Quiz yourself without notes.
- Teach the concept to someone else.
- Write down everything you remember, then check what you missed.

Subject	Topic	Date Reviewed	Self-Test Score (1-5)





FAMILY CHALLENGE:

Use active recall for an upcoming test, then compare results with your usual study method.

REFLECTION PROMPT:

How did your performance change?

What will you keep doing in future study sessions?

