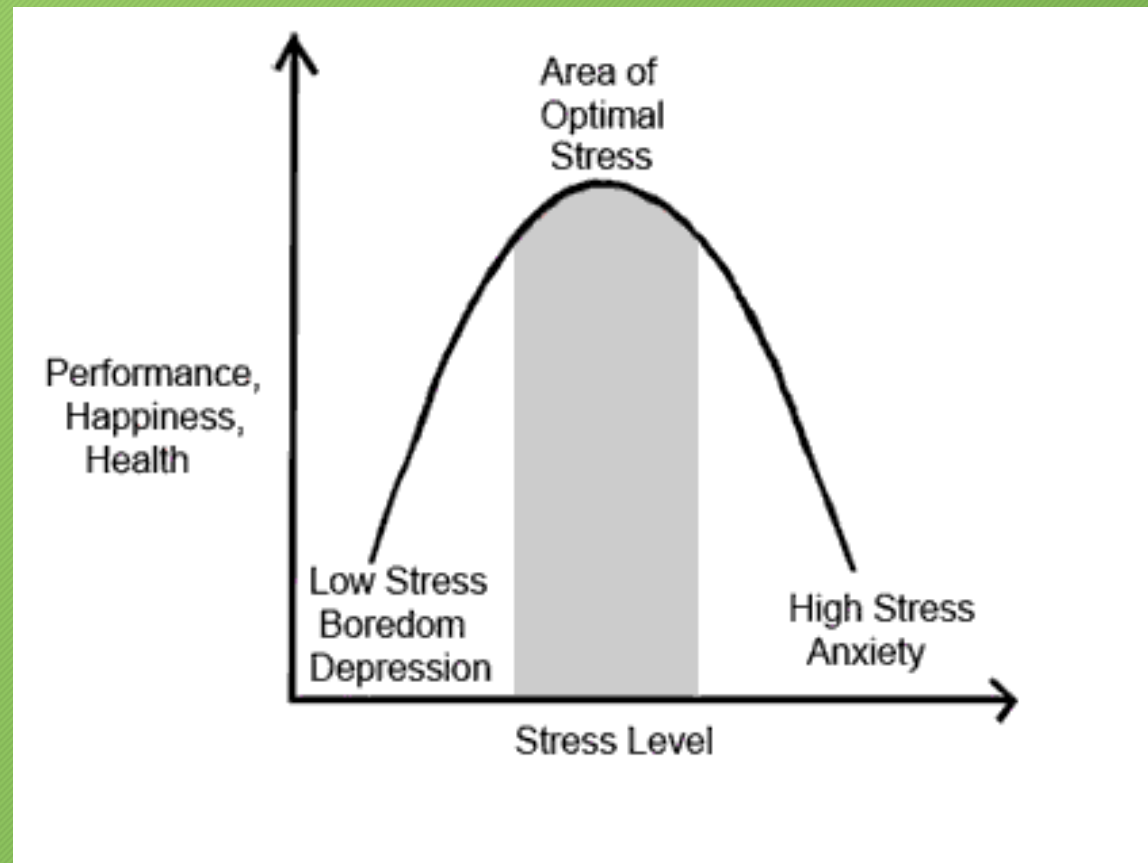


Strategies to Support Academic Success

Being ready to learn...The Yerkes-Dodson Law



Self Regulation Questionnaire

Have you had enough sleep and eaten breakfast?

1 in 3 Grade 8 students said NO



Self-Regulated Learning Self-Assessment

*Check all of the statements that are **true** about you*

Being ready to work

Most of the time I.....

- Attend all my classes
- Feel awake and alert
- Can focus on what is happening in class
- Feel safe at school
- Want to do well
- Have had enough sleep and have eaten breakfast**
- Feel like my reading and writing skills are good enough to do assignments
- Am **not** worried about issues with friends
- Am **not** worried about family issues

Getting Started

Most of the time I.....

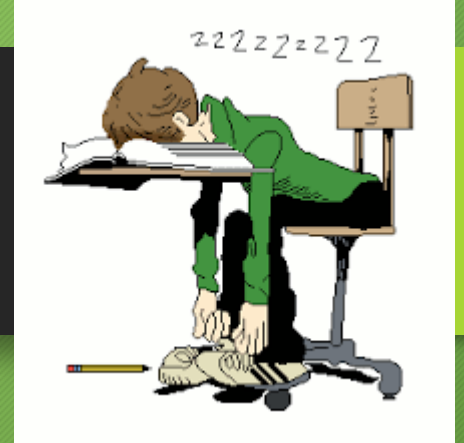
- Have my binder, text book and something to write with
- Know how to start my assignments
- Understand what I am supposed to do
- Feel like I will be able to do a good job on my assignments

Getting Finished

Most of the time I.....

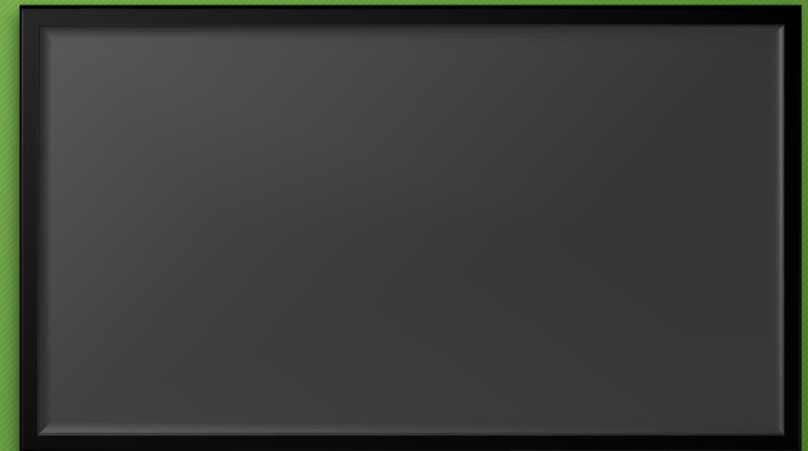
- Can complete assignments one step at a time
- Have all of the papers and notes I need to complete assignments
- Finish assignments on time
- Can tell whether or not I have done a good job

Sleep and Learning



Children ages 10-17 require 8.5 to 9.25 hours of sleep

Untreated sleep disorders can become chronic, lead to underachievement at school or work, and cause accidents, depression, interpersonal conflicts, and predisposition to or exacerbation of health problems such as obesity and diabetes.



Self Regulation Questionnaire

Are you worried about issues with family or friends?

1 in 5 Grade 8 students said YES



Self-Regulated Learning Self-Assessment

*Check all of the statements that are **true** about you*

Being ready to work

Most of the time I.....

- Attend all my classes
- Feel awake and alert
- Can focus on what is happening in class
- Feel safe at school
- Want to do well
- Have had enough sleep and have eaten breakfast
- Feel like I have enough time to do assignments
- Am **not** worried about issues with friends
- Am **not** worried about family issues

Getting Started

Most of the time I.....

- Have my binder, text book and something to write with
- Know how to start my assignments
- Understand what I am supposed to do
- Feel like I will be able to do a good job on my assignments

Getting Finished

Most of the time I.....

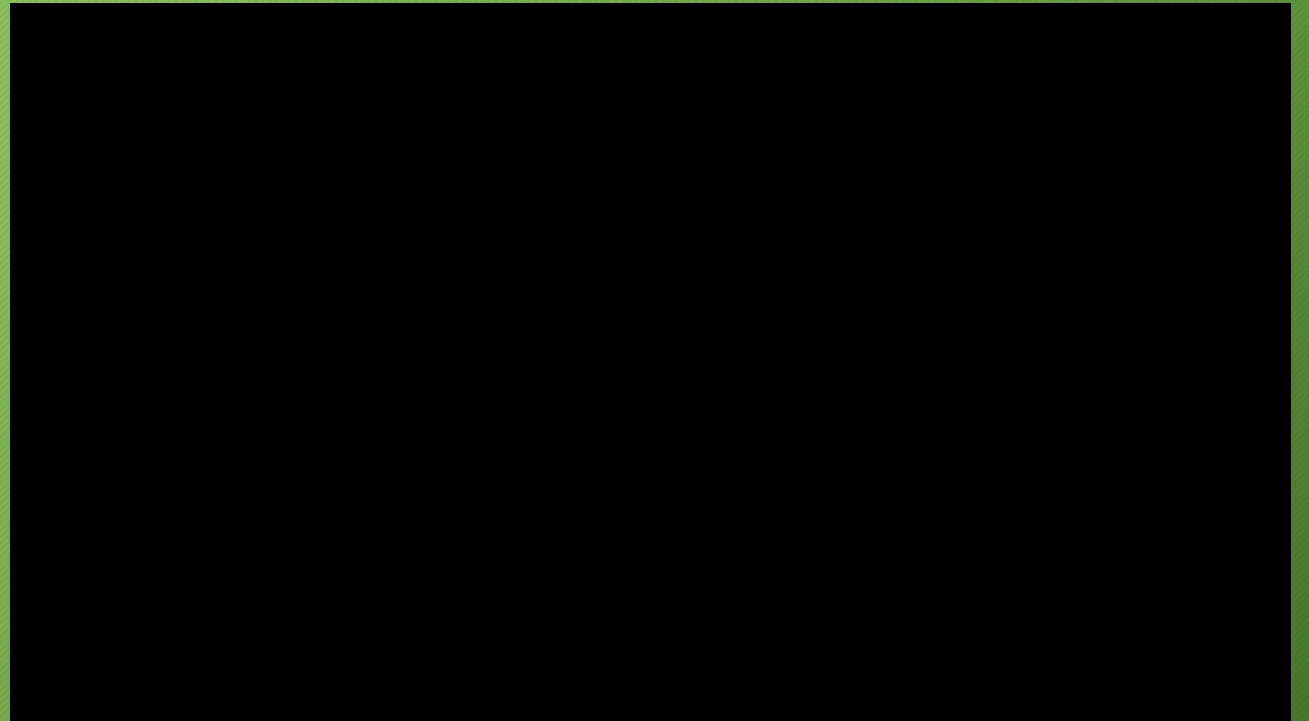
- Can complete assignments one step at a time
- Have all of the papers and notes I need to complete assignments
- Finish assignments on time
- Can tell whether or not I have done a good job

Stress and Learning

Exposure to stress impacts teenagers physical health, mental health, behavior, brain development and learning.

The Powerful Impact of Stress- John
Hopkins School of Education

<http://education.jhu.edu/PD/newhorizons/strategies/topics/Keeping%20Fit%20for%20Learning/stress.html>



Literacy Skills

Do you feel like your literacy skills are strong enough to do assignments?

1 in 5 Grade 8 students said NO



Self-Regulated Learning Self-Assessment

*Check all of the statements that are **true** about you*

Being ready to work

Most of the time I.....

- Attend all my classes
- Feel awake and alert
- Can focus on what is happening in class
- Feel safe at school
- Want to do well
- Have had enough sleep and have eaten breakfast
- Feel like my reading and writing skills are good enough to do assignments**
- Am **not** worried about issues with friends
- Am **not** worried about family issues

Getting Started

Most of the time I.....

- Have my binder, text book and something to write with
- Know how to start my assignments
- Understand what I am supposed to do
- Feel like I will be able to do a good job on my assignments

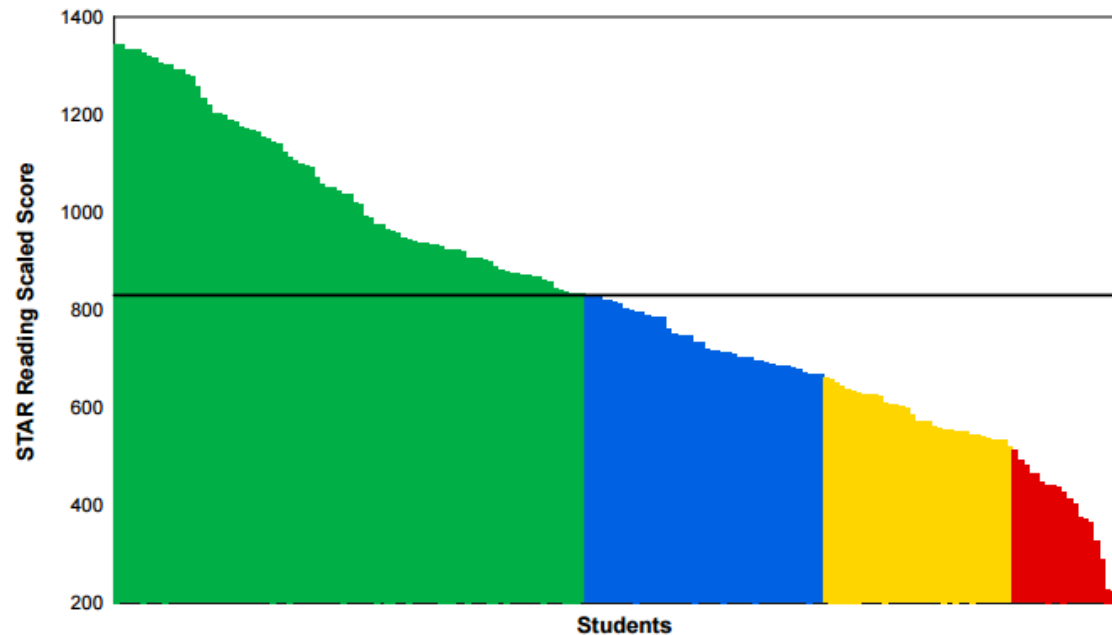
Getting Finished

Most of the time I.....

- Can complete assignments one step at a time
- Have all of the papers and notes I need to complete assignments
- Finish assignments on time
- Can tell whether or not I have done a good job

Grade 8 Reading Comprehension Assessment

Grade: 8



Categories / Levels	Benchmark		Students	
	Scaled Score	Percentile Rank	Number	Percent
At/Above Benchmark				
At/Above Benchmark	At/Above 830 SS	At/Above 40 PR	87	47%
Category Total			87	47%
Below Benchmark				
On Watch	Below 830 SS	Below 40 PR	44	24%
Intervention	Below 665 SS	Below 25 PR	35	19%
Urgent Intervention	Below 517 SS	Below 10 PR	19	10%
Category Total			98	53%
Students Tested			185	

GE Distribution Summary

GE	Students	Percent
0.0 - 0.9	0	0.0
1.0 - 1.9	0	0.0
2.0 - 2.9	4	2.2
3.0 - 3.9	9	4.9
4.0 - 4.9	12	6.5
5.0 - 5.9	27	14.6
6.0 - 6.9	34	18.4
7.0 - 7.9	33	17.8
8.0 - 8.9	20	10.8
9.0 - 9.9	10	5.4
10.0 - 10.9	9	4.9
11.0 - 11.9	9	4.9
12.0 - 12.9+	18	9.7

Grade 8 Reading Comprehension Assessment

Rank	GP	SS	GE	PR	NCE	IRL	ESL ORF	ZPD
64	8.04	922	8.1	52	51.1	7.2		4.5-8.1
152	8.04	562	5.1	13	26.3	4.6		3.5-5.5
60	8.04	932	8.2	53	51.6	7.6		4.5-8.2
76	8.04	871	7.6	44	46.8	6.7		4.4-7.6
105	8.04	748	6.6	33	40.7	6.1		4.2-6.6
61	8.04	931	8.2	53	51.6	7.5		4.5-8.2
69	8.04	902	7.9	48	48.9	6.8		4.5-7.9
74	8.04	875	7.7	44	46.8	6.7		4.4-7.7
87	8.04	834	7.3	40	44.7	6.5		4.4-7.3
57	8.04	936	8.2	53	51.6	7.7		4.5-8.2
16	8.04	1256	12.9	81	68.5	11.3		5.0-12.9
154	8.04	556	5.1	13	26.3	4.6		3.5-5.5

Supporting Literacy at Home

Read, read, read, read!

- For fun
- At level---five finger rule
- Freedom and choice

Support for academic reading

- Front load vocabulary and background knowledge
- Read together
- Talk about it

What Is Diffusion?

Diffusion is the movement of particles from an area of higher concentration to an area of lower concentration. **Concentration** refers to the amount of a substance in a given space. The more you have in a given space, the higher the concentration. The particle model of matter states that all particles are constantly moving. Now imagine an area where there is a greater concentration of a certain type of particle. The particles in the area of higher concentration will move to an area of lower concentration. Figure 1.30 shows this process of diffusion.



Not all Studying is Equal

WE REMEMBER...

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we SEE AND HEAR
- 70% of what is DISCUSSED WITH OTHERS
- 80% of what is EXPERIENCED PERSONALLY
- 95% of what we TEACH TO SOMEONE ELSE

- William Glasser

Learning at Home

Schedule a time for homework

- Earlier is better
- Make it reward contingent—if necessary

Dedicate a space

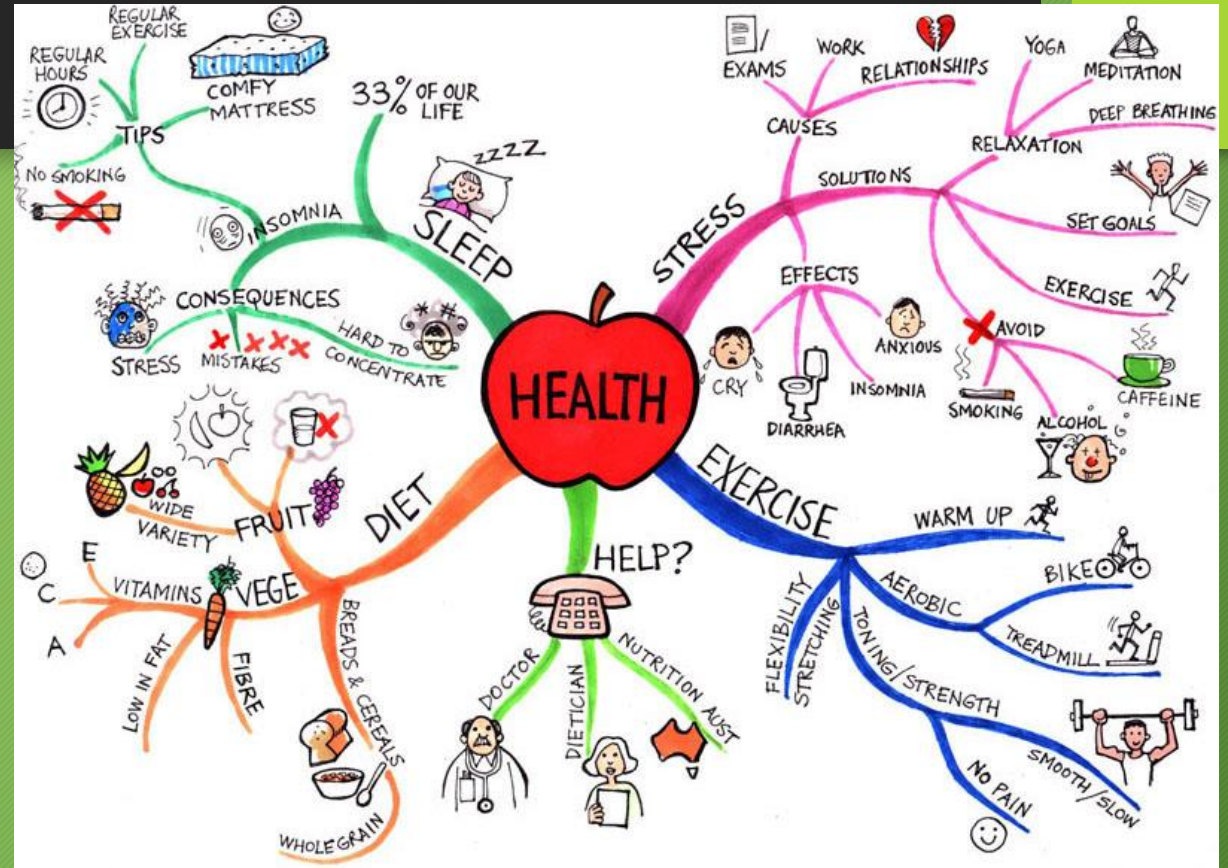
- Quiet
- In view
- Free of Electronics

Support organisation

- Backpack check
- Google calendar

Looking at it is not enough!

- Teach it
- Talk about it
- Write it down—flash cards, double sided notes, study guide
- Synthesize it – mind map, illustration, model



<https://dwellinginthesecretplace.wordpress.com/2012/02/13/health-and-how-im-working-to-keep-it/>

School Resources

- Library—reading resources
- Outreach—additional academic support
- Teacher's Websites—organization

Questions???



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