

NEW MEXICO 4-H

Aggie Next Step

Study Skills



Post Secondary Pathways



Newt McCarty, State 4-H Agent and Chelsey Juenemann, Education Specialist



New Mexico State University is an equal opportunity employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.
nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development



Building My Study Skills

INTRODUCTION

Strong study skills are the foundation for academic success. They help students retain information, approach learning with confidence, and develop independence, critical thinking, and lifelong learning habits that extend beyond the classroom. In this lesson, participants will explore their own study habits, identify effective strategies, and practice techniques that make learning more efficient and enjoyable.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Think-Pair-Share
 - Think: Ask students: *Have you ever formally assessed your study skills? Do you feel confident in your study skills? What study strategies do you use?*
 - Pair: Have participants discuss their thoughts with a partner for 2-3 minutes.
 - Share: Invite a few pairs to share highlights with the whole group, emphasizing the diversity of approaches.
3. Distribute the *Study Skills Self-Assessment* and read the instructions aloud. Give the group 7-10 minutes to complete the assessment individually, focusing on personal habits and study challenges.
4. Reflect with another Think-Pair-Share:

Q: Do your results match what you expected? Why or why not?
5. Encourage participants to pick 1-2 study skills areas they want to improve. Summarize common challenges in the group.
6. Based on popular focus areas, provide a brief discussion on either *Notetaking Tips or Methods*, or *Study Traps*. Encourage students to relate content to their personal experiences.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Demonstrate** effective active listening strategies.
- **Identify** and **apply** appropriate note-taking methods.
- **Evaluate** and **adjust** personal study habits.
- **Explain** how location and timing influence studying effectiveness.
- **Recognize** and **avoid** common study traps.





Building My Study Skills

7. Conduct the interactive activity: *Listen to Learn: Lecture Listening Lab*. This activity helps participants practice focused listening and note-taking.
10. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.
- 11. Have participants complete *Post-assessment*.**

WRAP UP

Mastering strong study skills sets you up for both academic success and lifelong learning. By using strategies such as effective note-taking, time management, and active review, you can boost your school performance while building habits that support your future goals and personal growth.



New Mexico State University is an equal opportunity/affirmative action employer an educator.
NMSU and the U.S. Department of Agriculture Cooperating.

nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development



Building My Study Skills

Listen to Learn: Lecture Listening Lab

Objective

Students will strengthen their **active listening** during lectures by practicing focus techniques, guided notetaking, and recall strategies to retain and reflect on information.

Materials Needed

- Give a brief, engaging lecture or play a short (5–7 minute) video or podcast clip on an academic or current topic (e.g., a TED-Ed video)
- **Listening Focus Sheet**
- Note-taking paper or notebooks

Directions

1. Pre-Lecture Prep (5 minutes)

Introduce the idea of **active listening during lectures**:

- Maintain eye contact (or visual focus on the speaker)
- Avoid distractions (devices away, hands still)
- Listen for structure: **intro** → **points** → **conclusion**
- Use body language (nodding, facing speaker) and internal cues (mental summaries)

Distribute a **Listening Focus Sheet**

2. Mini-Lecture Delivery (7 minutes)

Give a brief, engaging lecture or play a 5–7-minute video clip on a current topic or curriculum content. Ask students to use the **Listening Focus Sheet** as they listen.

3. Pair & Share (7 minutes)

Have students pair up and compare what they recorded:

- Did they catch the same main idea?
- What key points overlapped?
- What questions did they write?

Then ask them to paraphrase the main idea to their partner using their own words.

4. Recall Without Notes (5 minutes)

Ask students to **flip over their notes** and try to write 2–3 facts or ideas they remember from the lecture without looking.

This reinforces memory and listening attention.

5. Whole Class Debrief (10 minutes)

Discuss:

- What helped you stay focused?
- What part of the lecture/video was hardest to follow?
- How can you prepare yourself to be a better listener in future lectures?

You can record their responses on the board as a set of **"Lecture Listening Tips or Challenges."**



Building My Study Skills

RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 1.1.2: Demonstrate knowledge and skills in language arts

CTE 2.1.2: Demonstrate use of concepts, strategies, and systems for obtaining and conveying ideas and information

CTE 3.1.1: Employ critical thinking skills to solve problems and make decisions

CTE 9.1.1 Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

CTE 10.1.2: Employ planning and time management skills and tools

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-2. Apply appropriate academic and technical skills

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations and collaborations

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Essential Life Skills for Teens | Study Skills

https://www.youtube.com/watch?v=_ofN45mghmo

Study Skills for People Who Hate to Study

https://www.youtube.com/watch?v=ZLVtIUj2_VE

Note-Taking in Class

<https://www.youtube.com/watch?v=w44PycEH0jc>



New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture Cooperating.

nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development