

FORM 5.8

Tools for Studying

A. Menu of Study Strategies

Check off the ones you will use.

- 1. Reread text
- 2. Reread/organize notes
- 3. Read/recite main points
- 4. Outline text
- 5. Highlight text
- 6. Highlight notes
- 7. Use study guide
- 8. Make concept maps
- 9. Make lists/organize
- 10. Take practice test
- 11. Quiz myself
- 12. Have someone else quiz me
- 13. Study flash cards
- 14. Memorize/rehearse
- 15. Create a "cheat sheet"
- 16. Study with friend
- 17. Study with study group
- 18. Study session with teacher
- 19. Study with a parent
- 20. Ask for help
- 21. OTHER: _____

B. Study Plan

Date	Day	Which strategies will I use? (write #)	How much time for each strategy?
	4 days before test	1. 2. 3.	1. 2. 3.
	3 days before test	1. 2. 3.	1. 2. 3.
	2 days before test	1. 2. 3.	1. 2. 3.
	1 day before test	1. 2. 3.	1. 2. 3.

C. Posttest Evaluation

How did your studying work out? Answer the following questions:

1. What strategies worked best?
2. What strategies were not so helpful?
3. Did you spend enough time studying? Yes No
4. If no, what more should you have done?
5. What will you do differently the next time?

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Checklist for
Designing Interventions

Intervention Steps
1. Establish behavioral goal Problem behavior: _____ Goal behavior: _____
2. What environmental supports will be provided (check all that apply) <input type="checkbox"/> Change physical or social environment (e.g., add physical barriers, reduce distractions, provide organizational structures, reduce social complexity, etc.) <input type="checkbox"/> Change the nature of the task (e.g., make shorter, build in breaks, give something to look forward to, create a schedule, build in choice, make the task more fun, etc.) <input type="checkbox"/> Change the way adults interact with the child (e.g., rehearsal, prompts, reminders, coaching, praise, debriefing, feedback)
3. What procedure will be followed to teach the skill? Who will teach the skill/supervise the procedure? What steps will the child follow? 1. 2. 3. 4. 5. 6.
4. What incentives will be used to encourage the child to learn, practice, or use the skill (check all that apply) <input type="checkbox"/> Specific praise <input type="checkbox"/> Something to look forward to when the task (or a piece of the task) is done <input type="checkbox"/> A menu of rewards and penalties Daily reward possibilities: Weekly reward possibilities: Long-term reward possibilities: