

THE 21ST CENTURY STUDENT'S GUIDE TO

# STUDY SKILLS

For College & Career Readiness

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**CHAPTER 4**  
**WORKSHEETS  
& ACTIVITIES**

STUDENT  
WORKBOOK

ILLUSTRATIONS  
BY  
ZAPP!



# CLASS ACTIVITY WORKSHEET

Name: \_\_\_\_\_

## What's Your Opinion?



*Read the question. Select a or b.*

1. **Poor Elliot. Ever since sixth grade he's gotten low scores in math. He's now in the 9th grade, and his math grades haven't improved much. Elliot dreams of studying aerospace engineering and one day piloting commercial space flights. That requires excellent math skills. What advice would you give Elliot?**
  - a. Don't give up! Work hard. Believe in yourself. You can improve your math skills and pursue your dream.
  - b. Dude, consider a different career. By now it's pretty obvious you can't do the math.
2. **Wow! You do your homework every night. You do all of the assigned reading. You pay attention in class. You do all of this because:**
  - a. You like to learn new things.
  - b. If you don't, your grades will drop and you'll be in trouble with your parents.
3. **Which of these statements best sums up your opinion about intelligence:**
  - a. A person can actually learn to be smart.
  - b. You are who you are. You can't learn to be smart. Intelligence is a trait you're born with.
4. **Wow! Maddie is really smart! She has an IQ of 120.**
  - a. Maddie's IQ is no guarantee of her success in life.
  - b. Maddie's so lucky because she will succeed in life.
5. **There are a lot of problems in your science class: broken equipment, disruptive students, and ever since your teacher messed up his back slipping on a dissected frog, you've had a string of substitutes who don't teach much. You:**
  - a. Do whatever it takes to make up for the lack of resources: supplement your learning with an online program, take advantage of the free tutoring offered at your school, and keep up with all of the reading and homework, hoping your teacher will return soon.
  - b. Resign yourself to the fact that you won't be learning much in science this year...



## APPLICATION OF SKILLS

# TRUTH or DARE

Psychologists have shown that a student's beliefs about intelligence can effect their academic success. **Fixed mindset students** believe that intelligence is a fixed trait – and cannot be altered. **Growth mindset students** consider intelligence as a fluid and controllable trait, and believe that effort, hard work and challenge account for most of a student's success. Is it possible that you believe you're a growth mindset student, but your actions and attitudes are those of a fixed mindset student? Dare to find out! Take the **Truth or Dare** survey. Total your score and find your profile below.

<b>TRUTH</b>	Totally always	Usually, almost always	Sometimes	Rarely	No way, are you joking?	<b>DARE</b> <i>Watch out!</i> <i>The scoring guide changes...</i>	No way, are you joking?	Rarely	Sometimes	Usually, almost always	Totally always!
I believe that effort, hard work and challenge are keys to success.	5	4	3	2	1	I worry people will think I'm dumb if I fail.	5	4	3	2	1
My school work reflects a high level of effort.	5	4	3	2	1	I blow through my homework just to get it over with!	5	4	3	2	1
I focus on and value learning strategies and processes (not just my grade in a class or on a project.)	5	4	3	2	1	When I get a bad grade, I blame the teacher, school, confusing instructions, basically anything or anyone but me.	5	4	3	2	1
I accept personal responsibility for my academic destiny.	5	4	3	2	1	Setbacks discourage me.	5	4	3	2	1
I'm ok with academic challenge because I know it will make me mentally stronger.	5	4	3	2	1	I procrastinate or just give up when faced with a difficult assignment.	5	4	3	2	1
I accept criticism or negative feedback from my teachers as guidance to help me improve my skills.	5	4	3	2	1	My self-image is tied to my success as a student.	5	4	3	2	1

Total **TRUTH** \_\_\_\_\_

Total **DARE** \_\_\_\_\_

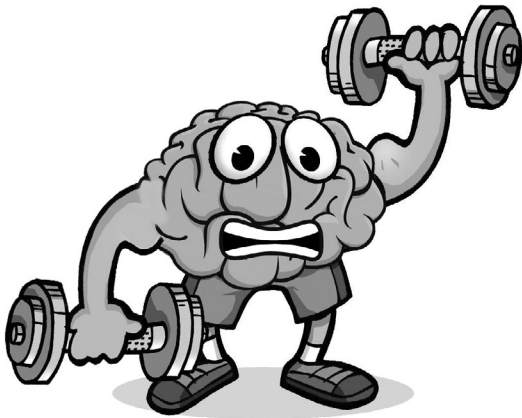
**Truth + Dare = \_\_\_\_\_ Check your score on the next page!**

## APPLICATION OF SKILLS



### ***If you scored above 48:***

Your actions and attitude show that you understand that effort, hard work and challenge are keys to success. You know that intelligence is not fixed, and that the harder you work, the smarter you get. You care about your grades, but also about learning. Keep up the good work! You're a mental heavy-lifter.



### ***If you scored between 36 and 48:***

You're not totally comfortable with the idea that effort, hard work and challenge are keys to achievement. You attribute your occasional failures to not being "smart enough," to something your teacher did or didn't do, or that your school isn't as good as some other school. Sometimes your focus is more on the grade you will receive than what you are learning. You are on the cusp of greatness. Embrace challenge and up your effort level!



### ***If you scored below 36:***

You may say you believe that intelligence is not a fixed trait, but your actions speak otherwise. Your beliefs and attitude may be sabotaging your achievement. You know "those other kids" who are great students? They're not smarter than you – they're just working harder! Take a look at the time you spend on homework. Is it enough? How hard do you work on projects? Do you give up when faced with an academic challenge? Get your brain to the mental gym and do some heavy lifting. Start with the subject that is of most interest to you. Challenge yourself to increase your effort level and make your brain stronger. Be a mental heavy lifter.