

ABOUT INTERACTIVE NOTEBOOKS

What's an interactive notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

How can I use them?

These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

What's included?

- Each of the 8 interactive notebook pages include a complete template, photo directions, written directions, and photos of completed samples.

PAGE 1: TIME MANAGEMENT STRATEGIES

Time Management Strategies
It can feel overwhelming when you have a lot to do. These strategies will help you stay focused and make sure that you accomplish your goals!

Make A Plan	Prioritize	Get Rid Of Distractions
Schedule Breaks	Break Down Tasks	Be Aware Of The Time

On a scale of 1 (not good at all) to 10 (very good), this is how good I am at managing my time: 6

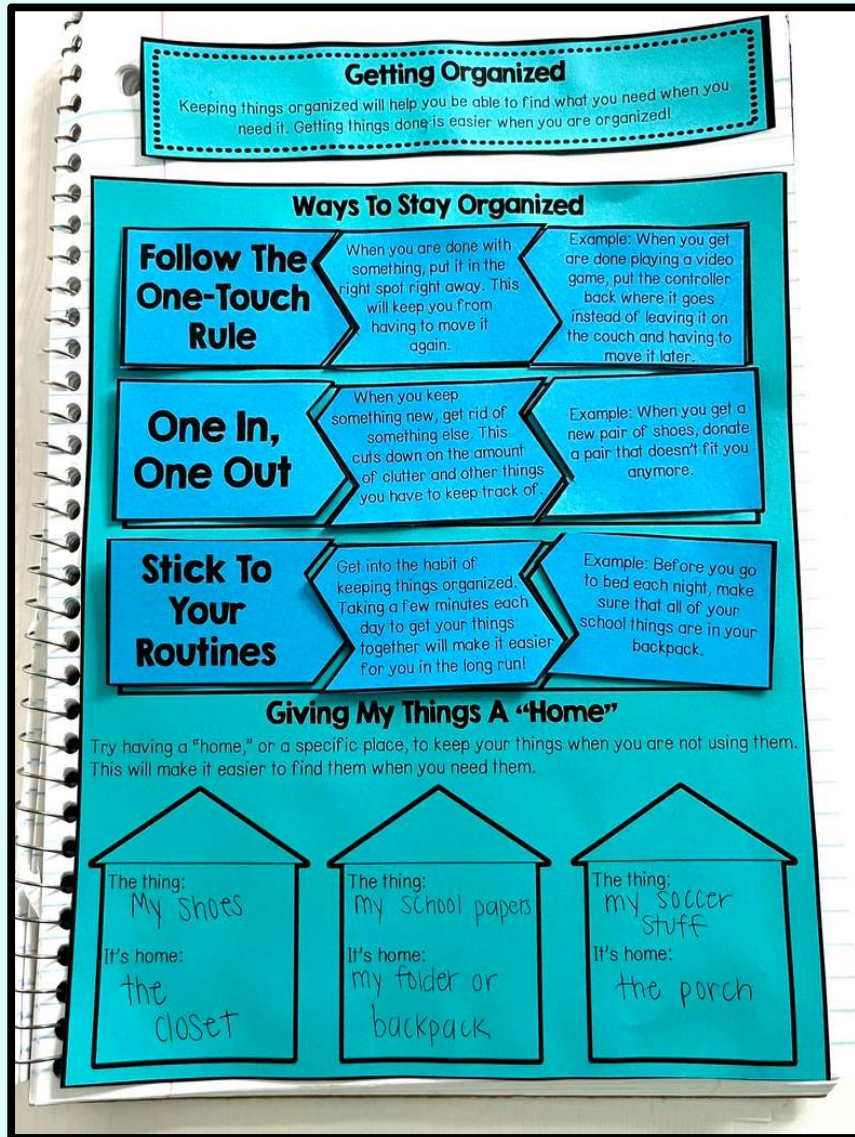
The time management strategy I am best at is:
Making a plan

One time management strategy I want to start using is:
Prioritizing & being aware of the time

Students will lift up the flaps and write about the benefits of the following time management strategies:

- Making a plan
- Prioritizing
- Getting rid of distractions
- Scheduling breaks
- Breaking down tasks
- Being aware of the time

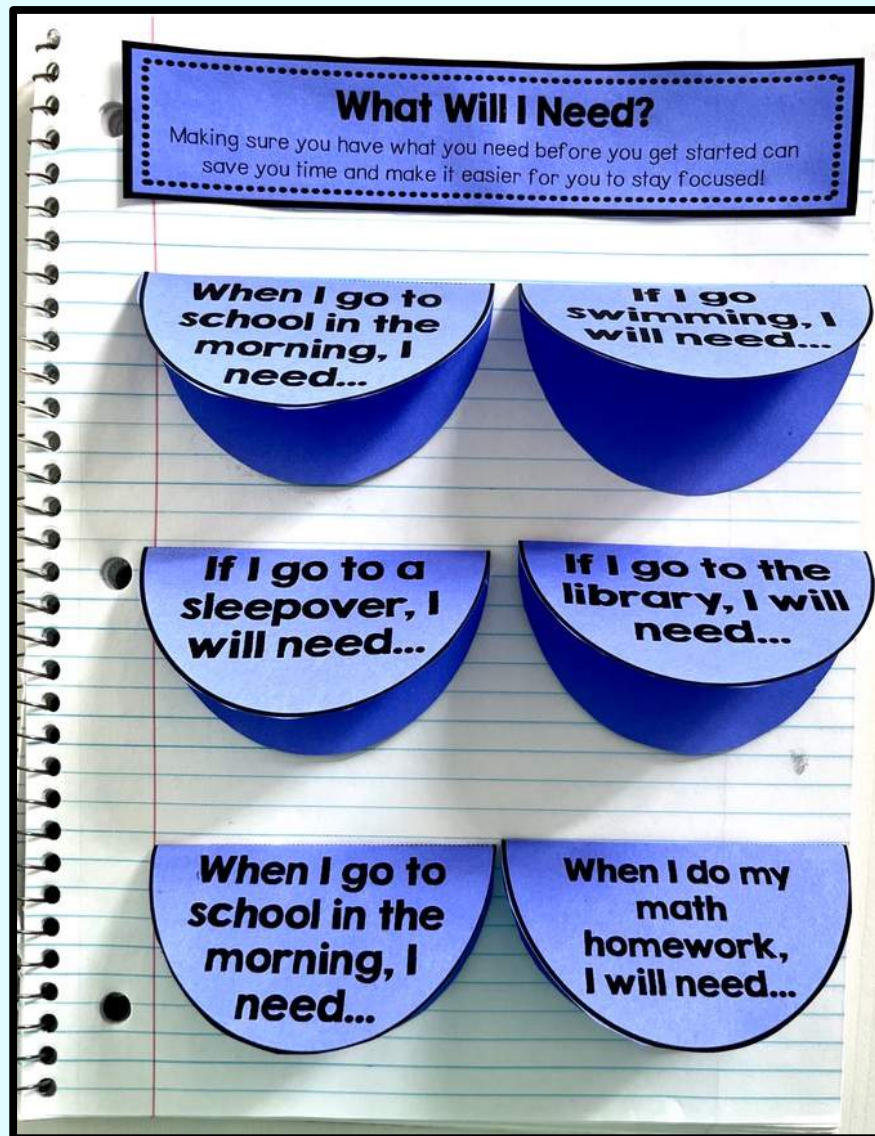
PAGE 2: GETTING ORGANIZED



Students will learn about 4 strategies that will help them be more organized.

They will look at examples and think about how they can use the strategies in real life.

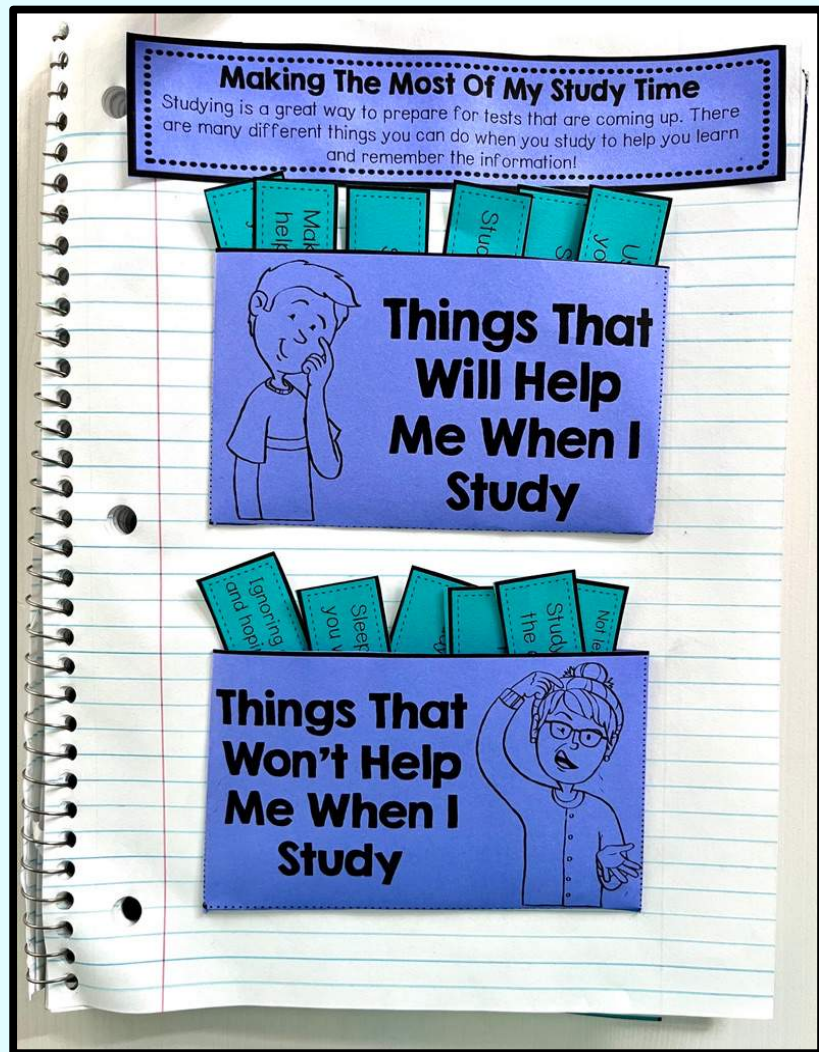
PAGE 3: WHAT WILL I NEED?



Students will practice thinking about the materials they would need in various situations.

The goal of this is to help students build skills that will help them become more prepared and organized.

PAGE 4: MAKING THE MOST OF MY STUDY TIME

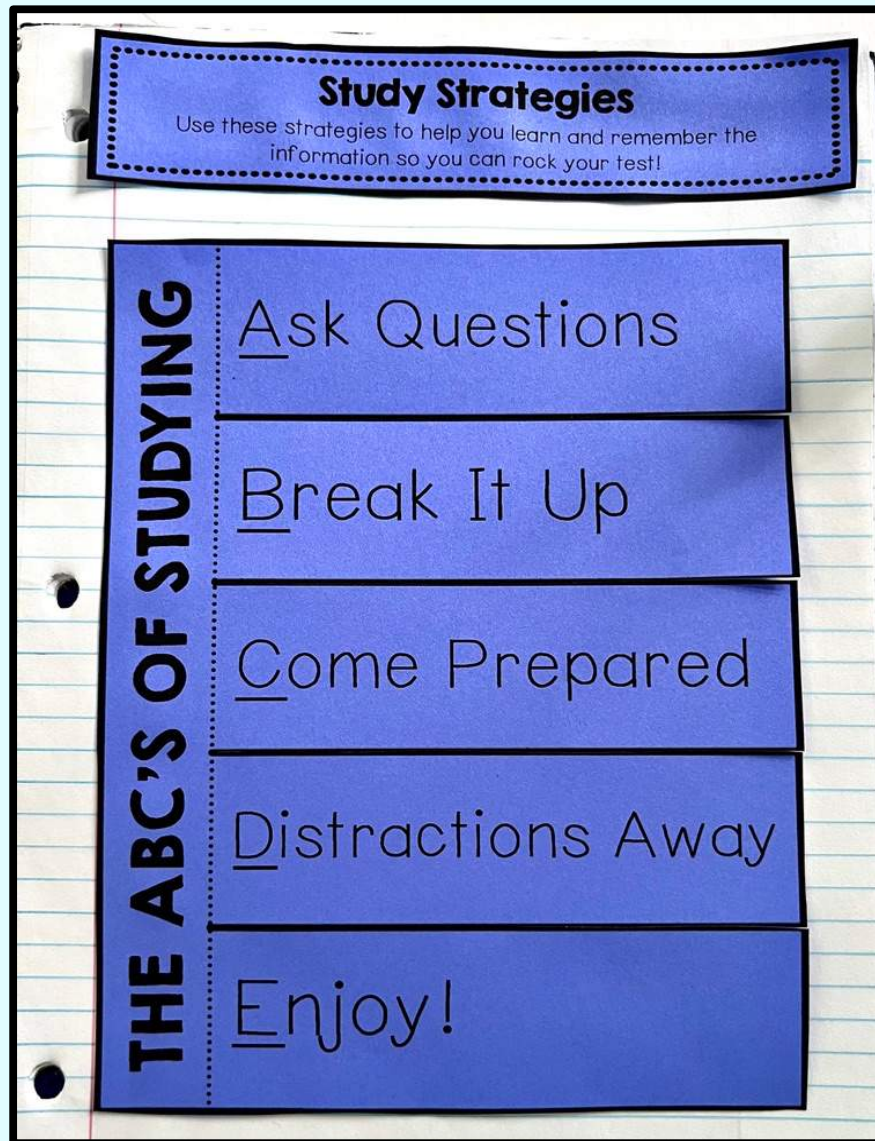


Students will look at different examples of study habits and will decide whether or not they are helpful.

Examples include:

- Studying a little bit at a time
- Studying while watching TV
- Reading through the material quickly
- Using the study guides that the teacher gives me

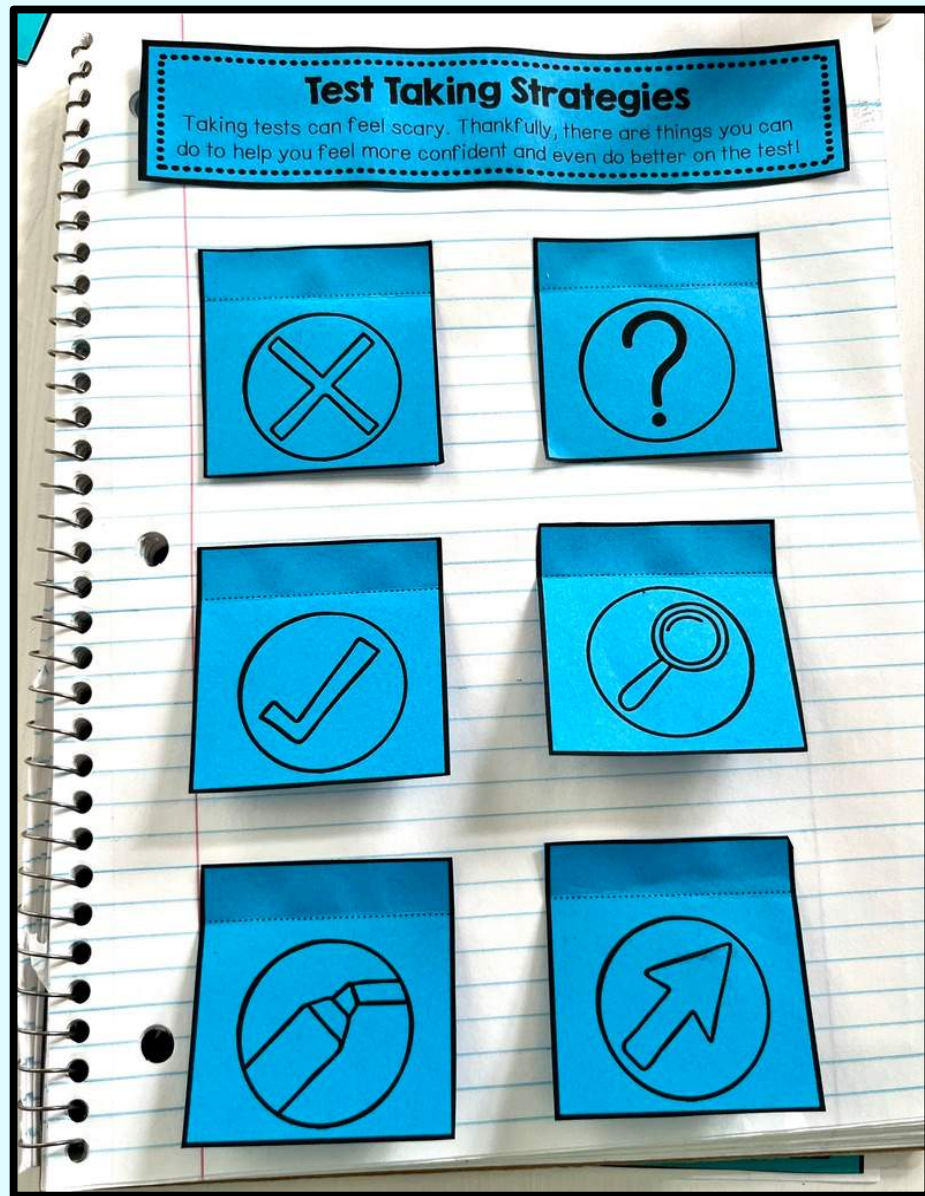
PAGE 5: STUDY STRATEGIES



Students will learn about strategies that will help them when they are studying for tests.

They will lift up each flap and write the definition of the strategy on the paper below.

PAGE 6: TEST TAKING STRATEGIES

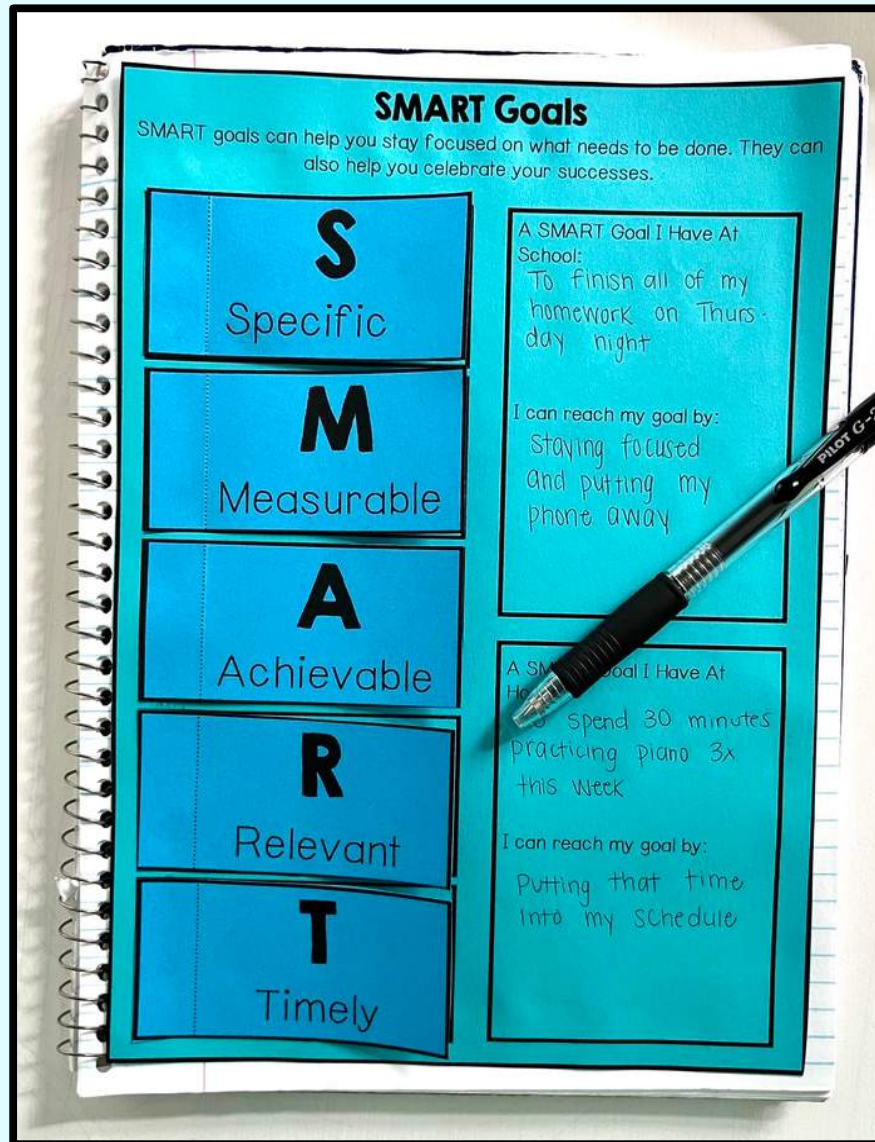


Students will learn strategies to help them perform better on tests.

They will lift up each flap and write the following strategies:

- Highlighter: Underline or circle important information.
- Arrow: If you don't know the answer, move on and come back to it.
- "X": Cross out the answers that you know aren't right.
- Check mark: Double check your answers.
- Question mark: Try to answer all of the questions.
- Magnifying glass: Read the directions carefully.

PAGE 7: SMART GOALS

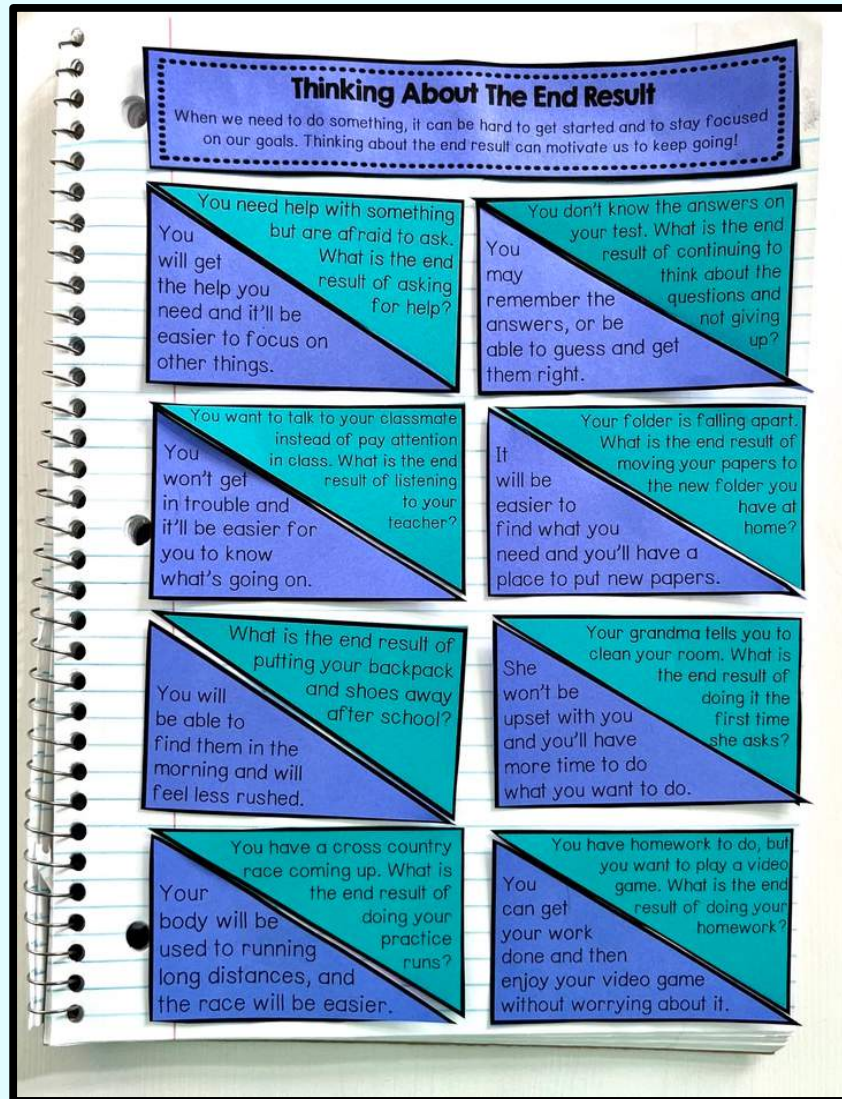


Students will learn the characteristics of a SMART goal and will set their own SMART goals.

Under each flap, they will write the following descriptions:

- S- Is my goal detailed enough?
- M- How will I know when I reach my goal?
- A- Is my goal too hard?
- R- Will my goal help me?
- T- When do I need to meet my goal?

PAGE 8: THINKING ABOUT THE END RESULT



Students will learn about how thinking about the end result can help with task initiation and perseverance.

They will look at 8 scenarios and match them up with the corresponding end result.