



2025-2026 SCHOOL YEAR

Study Skills for Middle School GVL

Monday AND Wednesday

Grades: 7th Grade, 8th Grade

Fees: \$360 per year, plus \$30 material fee

REQUIRED MATERIALS

Textbook: Workbook provided by UHC purchased from material fee

Other materials:

- Colored pencils
- Masking tape
- Scissors

Course Description

Study Skills will encourage students to take specific actions to attack challenges in both school and daily life. Some of the challenges we will focus on include mindset, listening barriers, and executive functioning skills (organization, planning/prioritization, task initiation, adjusting, perseverance, and teamwork). In addition, we will utilize scientifically backed study strategies to learn actual coursework. We will engage in mock lessons to learn various skills, and students will be given the opportunity to practice presenting, goal setting, outlining, note taking, researching, and memorization and testing strategies.

To be successful in this class:

Students should come to class prepared and ready to collaborate with classmates. Students must take appropriate action during the week to apply the skills practiced in class to daily life and coursework.

Weekly assignments will include a checklist and/or a study tool including casual presentation; this once weekly assignment is expected to take students less than 30 minutes. The student should be able to complete guided notes in class to be uploaded in Jupiter Ed. There will also be a project that will conclude with a presentation.

Parents will be asked to ensure that students are prepared for class with completed class notes and assignments, encourage students to apply the strategies covered in class to their coursework, and guide students as they set personal goals.



Meet Eden Rowland

Education: Bachelor of Arts in Theatre with a minor in Creative Writing from Bob Jones University (2024)

Teaching experience: First teaching position (taught Sunday school lessons for upper elementary)

Homeschool experience: Homeschooled from 2nd-12th grade; UHC alum (2020)

Certifications: Certificate in Business Communication from Bob Jones University (2024)

Courses taught: IEW 2 Intermediate Middle School Writing and Lab

Began Teaching at UHC in 2024

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