

uBEATS Teacher's Guide:

Preparing for Class

(Grades 9-12)

This teacher guide is a supplementary text to support the use of the uBEATS Preparing for Class module for grades 9-12.

To help students develop the knowledge necessary for an incredible future in health care, we created UNMC Building Excellence in Academics Through STEM (uBEATS), an online health science resource for Nebraska students.

UNMC uBEATS modules are short (15 minutes or less), interactive online health science modules to supplement curriculum taught in grades 6 – 12. These do not replace curriculum, but are a supplement for teachers and students incorporating evidence-based information and UNMC expert guided material. Each module is chunked into sections with formative and summative assessments with immediate feedback provided.

Tips on how to utilize uBEATS modules:

- Internet access is required to view uBEATS modules.
- For those who have access to one-to-one technology, modules can be used in or outside of the classroom as a topic introduction, extension, or review.
- For classrooms without individual student devices modules can be used in whole group instruction. Formative assessment questions can use the teacher's preferred call and response method and summative assessment questions can be displayed on the board and answered individually by students or printed and distributed to students after viewing the module.

Objectives

Upon successful completion of this learning module, you will be able to:

1. Utilize the Course Syllabus
2. Be prepared to discuss Class Topic(s)
3. Develop a "Ready to Learn" mindset and environment

Introduction

Have you ever had that uncomfortable dream in which you arrive somewhere, only to find out that you are totally unprepared to be there? Maybe you are wearing the wrong clothes, or maybe you came at the wrong time, or maybe you forgot to bring the items you were told to bring? You may find yourself wishing for do-overs or hoping that this is only a dream.

Education can turn into a nightmare if a student fails to make the necessary preparations. Passive attendance is not enough. This module offers strategies for active learning in which students know in advance what is expected and how to meet those expectations.

Prior Knowledge

Before beginning this module, the teacher should understand:

- Next Generation Science Standards (NGSS) featuring [Three-Dimensional Learning](#).
- [Nebraska Standards for Career Readiness](#) Pg. 18

1. The career-ready individual applies appropriate academic and technical skills.

B. Technical Skill Development

1. Identifies the training, education and certification requirements for entrance and advancement in a chosen occupation.
2. Completes a career and technical education program of study.
3. Passes certification tests to qualify for licensure and or certification in a chosen occupational area.

Key Terms/Vocabulary

Course syllabus, student expectations, grading scale, due dates, planner/calendar, supplies, study space, mindset, mindfulness minutes.

Science Standards

[Nebraska Science Standards](#) Pg. 3

Content Area Standards Structure

Extensions of the lesson

To help students become more familiar with the Key Terms of this module, the teacher can use the vocabulary list for a classroom Word Wall or integrate the vocabulary into classroom word games during review sessions. As the students work to complete this module, they will encounter these Key Terms.

Encourage students to check current events for the latest news involving study habits.

As student misconceptions become apparent, the teacher may need to reinforce these important concepts:

- The information presented in this module is directed toward graduate students. However, these strategies are also useful for high school students preparing for college.
- State and national content standards list the “what” of a student’s learning experience. This module provides support for “how” the learning can be accomplished.
- Successful students use active learning strategies to improve their chances of understanding each course.
- The course syllabus provides details that reduce unwanted surprises.
- Preparing for discussions builds a mental framework for making connections of understanding.
- Using the minutes before class to sharpen mindfulness helps to reduce distractions and enhance focus on the topics of the course.

Enrichment

The UNMC Office of Interactive e-Learning offers additional modules about Study Skills among their [Online Science Education Resources](#). See [uBEATS](#) for details.

For helpful tips, see [How to Prepare for Class](#).

For more information about study strategies, see [Strategies for Success](#).

For classroom activities about study skills, see [Top 10 Study Skills for High School Students](#).

To learn about the study-skills transition from high school to college, see [Study Smarter Not Harder](#).