

Academic & Life Skills

Summer Camp 2026



KEONI

LEARNING & ASSESSMENT



Life Skills Curriculum

Life Skills

Weekly Agenda

Weekly Agenda Grades 1-2	Weekly Agenda Grades 3-4	Weekly Agenda Grades 5-6
Listening Skills	Listening Skills	Communication Skills
Focus & Memory	Focus & Memory	Memory Building
Math Fluency	Multiplication Facts	Note-Taking Techniques
Introduction to Typing	Intermediate Typing	Organizational Skills
Functional Independence	Online Research and Practicality	Online Research & AI Responsibility

SKILLS	Functional Independence 1/2	Listening Skills 1/2	Focus and Memory 1/2
Description	Students will practice life-ready tasks like memorizing emergency contacts, organizing their personal belongings, and developing the social-emotional tools needed to communicate effectively with peers and adults.	The ability to accurately receive, interpret, and respond to verbal messages. It involves paying attention, understanding language, and remembering what is heard.	Focus: The ability to direct attention to a specific task or stimulus and resist distractions. Memory: The ability to store, retain, and retrieve information.
Benefits	<ul style="list-style-type: none"> ● Develops social-emotional intelligence (EQ) ● Safety and Preparedness ● Improves academic focus and independency ● Better study habits 	<ul style="list-style-type: none"> ● Improves comprehension of instructions and stories. ● Enhances ability to participate in class discussions. ● Facilitates learning and knowledge acquisition. ● Promotes social skills and cooperation. 	<ul style="list-style-type: none"> ● Increased ability to concentrate on tasks. ● Improved retention of learned material. ● Enhanced problem-solving skills. ● Greater academic achievement.
Disadvantages	<ul style="list-style-type: none"> ● Poor time management ● Difficulty communicating ● Fear of participating ● Lack of situational awareness 	<ul style="list-style-type: none"> ● Misunderstanding directions and information. ● Difficulty following classroom rules. ● Poor academic performance. ● Challenges in building relationships. 	<ul style="list-style-type: none"> ● Difficulty completing tasks. ● Forgetfulness and poor recall of information. ● Struggles with learning new concepts. ● Impact on attention span and learning.
Research	Studies show that students who receive direct instruction in organizational and social-emotional skills perform significantly better in math and reading because they spend less time in 'crisis mode' and more time in 'learning mode'.	Studies have shown that explicit instruction in listening skills can improve students' overall communication abilities.	Developmental psychology research highlights the crucial role of working memory and attention in early learning. Studies suggest that interventions aimed at improving focus and memory can have significant positive effects on academic outcomes.

SKILLS	Basic Math Facts 1/2	Introduction to Typing 1/2
Description	<p>This module focuses on "number sense" and the rapid recall of addition and subtraction facts within 10. The goal is for students to solve basic problems instantly, freeing up their brains for the harder word problems they'll face later.</p>	<p>Learning the basic skills of using a keyboard to input text. This includes finger placement, proper posture, and developing speed and accuracy.</p>
Benefits	<ul style="list-style-type: none"> ● Develops early math skills (counting, addition, subtraction). ● Reduces anxiety ● Mental agility 	<ul style="list-style-type: none"> ● Develops hand-eye coordination. ● Introduces early technology skills. ● Supports written expression and communication. ● Prepares for computer-based learning.
Disadvantages	<ul style="list-style-type: none"> ● Difficulty with basic math calculations in real-life contexts. ● Math avoidance, creating a psychological barrier in future learning ● Slow solving leading to feeling frustrated. 	<ul style="list-style-type: none"> ● Slower and less efficient at using computers. ● Difficulty with tasks that require typing. ● Potential disadvantage in a technology-driven world.
Research	<p>Research shows our "working memory" has limited space. If a student uses all their mental energy to calculate $6+7$, they have zero space left to understand the logic of a word problem. Fluency moves these facts from Working Memory to Long-Term Memory, which researchers call "automaticity."</p>	<p>Studies show that early typing instruction can improve keyboarding skills and support writing development.</p>

SKILLS	Intermediate Typing 3/4	Multiplication Facts 3/4	Listening Skills 3/4
Description	The ability to use a keyboard to input text efficiently and accurately.	The ability to quickly and accurately recall basic multiplication facts (e.g., $6 \times 7 = 42$).	The ability to accurately receive, interpret, and respond to spoken information. This involves paying attention, comprehending verbal messages, and remembering what was said.
Benefits	<ul style="list-style-type: none"> ● Improves fluency and speed in written communication. ● Supports efficient use of technology for learning. ● Enhances productivity in completing assignments. ● Prepares for future academic and professional demands. 	<ul style="list-style-type: none"> ● Improves math fluency and automaticity. ● Reduces cognitive load in more complex calculations. ● Builds a foundation for division, fractions, and algebra. ● Increases confidence and enjoyment in math. 	<ul style="list-style-type: none"> ● Enhances comprehension of complex verbal explanations. ● Improves ability to participate in group discussions. ● Facilitates effective communication and collaboration. ● Supports learning across all subject areas.
Disadvantages	<ul style="list-style-type: none"> ● Slower and less efficient at using computers. ● Difficulty completing assignments and projects. ● Potential disadvantage in a technology-driven world. 	<ul style="list-style-type: none"> ● Struggles with multi-digit multiplication and division. ● Difficulty understanding more advanced math concepts. ● Slower problem-solving speed. ● Math anxiety and avoidance. 	<ul style="list-style-type: none"> ● Misunderstanding instructions and explanations. ● Difficulty participating in class activities. ● Poor communication and interpersonal skills. ● Academic difficulties due to missed information.
Research	Research indicates that developing typing skills in elementary school can benefit students' writing and technology use.	Research emphasizes the importance of mastering basic math facts in elementary school for future math achievement.	Research continues to highlight the importance of active listening for academic and social development.

SKILLS	Online Research & Practicality 3/4	Focus and Memory 3/4
Description	<p>This module teaches students how to be "Digital Detectives." They learn to navigate the internet safely, distinguish between helpful information and ads, and apply their findings to real-world tasks. Instead of just searching for facts, they use those facts to solve practical problems—like planning a pretend budget for a pet or finding the best route for a trip.</p>	<p>The ability to maintain attention on a specific task or stimulus over a period, resisting distractions and sustaining mental effort. Exercises will include recalling various techniques and strategies.</p>
Benefits	<ul style="list-style-type: none"> ● Develops information literacy skills. ● Expands learning resources beyond the classroom. ● Promotes independent learning and inquiry. ● Prepares for technology-driven tasks and projects. 	<ul style="list-style-type: none"> ● Improves ability to follow multi-step instructions. ● Enhances sustained attention during longer lessons. ● Enhances learning and recall of new concepts. ● Strengthens cognitive skills.
Disadvantages	<ul style="list-style-type: none"> ● Difficulty finding reliable information online. ● Inability to evaluate source credibility. ● Risk of exposure to misinformation. ● Limited ability to use technology for learning. 	<ul style="list-style-type: none"> ● Difficulty staying on task and remember important information. ● Frequent errors and careless mistakes. ● Inability to complete assignments. ● Academic underachievement.
Research	<p>Research in digital literacy emphasizes the importance of teaching online research skills to young students.</p>	<p>Research indicates that attention skills continue to develop through middle childhood and are crucial for academic success.</p>

SKILLS	Note-Taking Techniques 5/6	Memory Building 5/6	Organizational Skills 5/6
Description	The ability to record key information from lectures, readings, or other sources in an organized and efficient manner.	The ability to enhance and improve one's memory capacity and recall through various techniques and strategies.	Students learn to use planners, break down big projects into "micro-tasks," and create systems that work for their unique thinking styles.
Benefits	<ul style="list-style-type: none"> ● Improves comprehension and retention of information. ● Facilitates effective studying and review. ● Develops active listening and critical thinking skills. ● Supports organization and preparation for assignments and tests. 	<ul style="list-style-type: none"> ● Improves retention of information for tests and assignments. ● Enhances learning and recall of new concepts. ● Strengthens cognitive skills. ● Increases confidence in learning. 	<ul style="list-style-type: none"> ● Academic independence ● Promotes responsible decision-making. ● Reduced stress ● Quality vs. Quantity
Disadvantages	<ul style="list-style-type: none"> ● Difficulty capturing important information during instruction. ● Struggles with organizing and reviewing notes. ● Poorer recall of information for tests and assignments. 	<ul style="list-style-type: none"> ● Difficulty remembering important information. ● Struggling to recall learned material. ● Poorer academic performance. ● Frustration with learning. 	<ul style="list-style-type: none"> ● Middle school shock ● Missing Assignments ● Chronic procrastination
Research	Research indicates that effective note-taking is a valuable skill for academic success. Studies have examined different note-taking methods, such as the Cornell method, outlining, and concept mapping, and their impact on student learning.	Research suggests that memory strategies can be effectively taught and learned at this age. Studies have examined the effectiveness of techniques like chunking, visualization, and mnemonic devices for improving memory in children.	Neurological research shows that the prefrontal cortex—the area of the brain responsible for organization—undergoes a major "pruning" and growth spurt around ages 11–12. Teaching these skills now is like "training the muscle" right as it's growing most rapidly.

SKILLS	Communication Skills 5/6	Online Research & AI Responsibility 5/6
Description	Students practice how to express their opinions respectfully, stand up for themselves (Self-Advocacy), and read the subtle "hidden language" of tone and body language.	The ability to effectively and responsibly locate, evaluate, and use information from online sources.
Benefits	<ul style="list-style-type: none"> ● Improves communication skills respect ● Self-Advocacy ● Healthier relationships and friendships ● Confidence booster 	<ul style="list-style-type: none"> ● Develops advanced information literacy skills. ● Enhances critical thinking and analytical skills. ● Promotes the use of technology as a learning tool. ● Prepares for research projects and assignments in higher education.
Disadvantages	<ul style="list-style-type: none"> ● Misunderstood intentions ● Middle school drama ● Passive learning 	<ul style="list-style-type: none"> ● Increased risk of exposure to misinformation and unreliable sources. ● Challenges in citing sources and avoiding plagiarism. ● Limited ability to conduct effective research for academic purposes.
Research	Neuroscience studies on "Speaker-Listener Neural Coupling" show that when two people communicate effectively, their brain patterns actually start to mirror each other. Active listening exercises—like those in your camp—literally help students' brains "sync" with their teachers and peers.	Research stresses the importance of developing sophisticated online research skills in middle school.

Academic Curriculum

Grades 1-2 - Academic

Weekly Agenda

Monday	Tuesday	Wednesday	Thursday
Math Fluency Drills (Independent)	Math Fluency Drills (Independent)	Math Fluency Drills (Independent)	Math Flashcards (Partner)
Spelling (Group)	Word List (Partner)	Spelling (Group)	Word list (Partner)
Grammar (Group)	Grammar (Independent)	Grammar (Group)	Grammar (Independent)
Common Core Writing (Group)	Common Core Writing (Group)	Common Core Writing (Group)	Common Core Writing (Group)
Common Core Reading (Group)	Common Core Math (Group)	Common Core Reading (Group)	Common Core Math (Group)
Reading Fluency (Independent)	Reading Fluency (Independent)	Reading Fluency (Independent)	Reading Fluency (Independent)

Grades 3-4 - Academic

Weekly Agenda

Monday	Tuesday	Wednesday	Thursday
Multiplication Table 0,1,2,5,10,11 (Group/Independent)	Multiplication 3x Math Foundations (Independent)	Multiplication 4x Math Foundations (Independent)	Multiplication 6x Math Foundations (Partner)
Listening Skills (Group)	Listening Skills (Group)	Listening Skills (Group)	Listening Skills (Group)
Grammar & Free Write (Group/Independent)	Grammar & Free Write (Independent)	Grammar & Free Write (Independent)	Grammar & Free Write (Independent)
Opinion Writing (Group)	Opinion Writing (Independent)	Opinion Writing (Group)	Opinion Writing (Independent)
Math Application Skills (Group)	Multiplication 7x Math Application Skills (Group)	Math Application Skills (Group)	Multiplication 8x Math Application Skills (Independent)
Common Core Reading (Group)	Common Core Reading (Independent)	Common Core Reading (Group)	Common Core Reading (Independent)

Grades 5-6 - Academic

Weekly Agenda

Monday	Tuesday	Wednesday	Thursday
Intermediate Math (Independent)	Intermediate Math (Independent/Partner)	Intermediate Math (Independent)	Intermediate Math (Independent/Partner)
Inferential Learning (Group)	Inferential Learning (Independent)	Inferential Learning (Group)	Inferential Learning (Independent)
Passage Editing (Group)	Passage Editing (Partner)	Passage Editing (Independent)	Passage Editing (Partner)
Persuasive & Narrative Writing (Group)	Persuasive & Narrative Writing (Independent)	Persuasive & Narrative Writing (Group)	Persuasive & Narrative Writing (Independent)
Math Logic (Group)	Math Logic (Independent)	Math Logic (Group)	Math Logic (Independent)
Reading Comprehension (Group)	Reading Comprehension (Independent)	Reading Comprehension (Group)	Reading Comprehension (Independent)