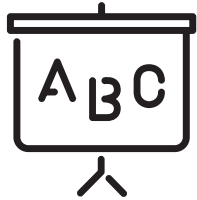
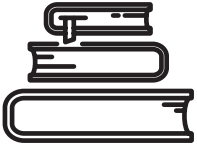


Planning Your Study Session

Having a plan for your study session is a great way to stay engaged and make the most of your study time. While you may not outline your study session in this much detail each time, you can still plan to study with intention. Identifying key topics, goals, and activities in advance — and planning for breaks — can help you increase your productivity and limit burn out.



What's the course?

What key concepts or topics do you need to study this week? If there's just one concept, how could you break it into 2 or 3 smaller parts to focus on?



What 2 specific goals do you have for your session (e.g. "Be able to explain the Krebs Cycle")?

1.

2.

Where will you study?

How long will your study session be?

How long can you concentrate before you need a break?

How will you refocus after taking a break?

What's your motivation for studying? What will motivate you to reach your study goal(s)?

Create a Schedule for Your Study Sessions

	SUNDAY:	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
BREAKS (WHAT/LENGTH)							
TIME(S) YOU'LL STUDY							
ACTIONS/ACTIVITIES							
TOPICS YOU'LL STUDY							