

# Study Schedule

Course: \_\_\_\_\_

I am studying for...

- ☐ an exam
- ☐ a quiz
- ☐ general review of content

## Step 1: Make a Plan

### Details:

Where (Study Space):

Day(s) & Time(s):

Materials/Resources:

With who:

## Step 2: Pick Your Strategies

### Preparation Strategies

Identify, organize, and consolidate material

- ☐ Making flashcards
- ☐ Taking notes/reorganizing notes
- ☐ Outlining and summarizing
- ☐ Predicting questions and their answers
- ☐ Drawing diagrams/ concept maps
- ☐ Listing practice problems
- ☐ Compiling questions at the end of each chapter

### Review Strategies

Self-test and evaluate your learning

- ☐ Practicing flashcards
- ☐ Explaining or teaching concepts
- ☐ Reciting main ideas without looking at your notes
- ☐ Taking a practice test
- ☐ Quizzing yourself (try to mimic test conditions)
- ☐ Outlining answers to essay questions
- ☐ Developing a position or debate
- Other:



## Step 3: Plan Your Power Hour

Goal (1-2 minutes):

Focused Material:

Study Strategy:

Break Activity (10-15 minutes):

Review strategy (5-10 minutes):

Reflect & Decide: Should I continue studying?  
Should I take a break? Should I change material,  
task or subjects?

