

# STUDY SCHEDULE

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

## STEP 1- MAKE A PLAN

I am studying for...

- an exam
- a quiz
- general review of content

[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?

