

Develop a Focused Study Session Plan



PLAN 1-2 min

Identify what you want to accomplish

STUDY 30-35 min

Utilize study strategies to help learn material

BREAK 5-10 min

Take a quick 10 min break

REVIEW 5-10 min

Review the material. Identify what content needs more attention

Your focused study session should only last between 45 minutes and an hour. This worksheet will help you plan your focused study session and get studying started off in the right direction.



Let's Plan:

When planning, use the S.M.A.R.T acronym (specific, measurable, attainable, realistic, timely) to make your study session goals and to help you identify when those goals have been met. Write your study plan goals below:

Check all the boxes that apply. Is your plan*:

☐ Specific

☐ Measurable

☐ Attainable

☐ Realistic

☐ Timely

**If any box is left un-checked, go back and edit your goals!*



Now Strategize:

Below, identify at least two study strategies that you want to use during your study session. Are these strategies already developed or will you need to incorporate time to develop your study strategies?

- ☐ *Example: Learn important terms using flashcards (need to make)*
- ☐ *Example: Develop concept map (will make while studying)*
- ☐
- ☐



BREAK after you study. You've earned it!

After you finish your 30-35 min study session, take a break. Below, identify what you will do on your break so you can use your time wisely. Some ideas include: taking a walk, eating a snack, getting on social media, or calling a friend.



Almost done... Time to see what you know:

After you complete your study session and break, check your knowledge and see what you retained. This will help you identify the material that needs additional review and practice. How will you review? Check **any** of the following that you will use to review content.

- ☐ Quiz yourself with flashcards
- ☐ Complete practice problems
- ☐ Teach material to a family member or friend
- ☐ Develop a chart making contrast and comparisons.
- ☐ Other: Do you have a different way you like to review? Write it here:



Now what?

Now that you've developed your intense study session plan, it's time to put it into action and go study! If you need additional support developing your study plan, creating study strategies, or creating a review, schedule an appointment with an Academic Coaching by emailing us at ccuaced@coastal.edu.