

Plan Your Study Session (Guide)

Having a plan for your study session is a great way to stay engaged and make the most of your study time. This guide will help you identify key topics, goals, and activities in advance – and plan for breaks – so that you can increase productivity!

Guided Questions to Plan Your Study Session

1. What is the course you are studying?
2. What key concepts or topics do you need to study this week? How could you break it into 2-3 smaller parts to focus on?
 - 1.
 - 2.
 - 3.
 - 4.
3. What two specific goals do you have for your session (i.e. Be able to explain Newton's Law)?
 - 1.
 - 2.
4. Where will you study?
5. How long will your study session be?
6. How long can you concentrate before you need a break?
7. How will you refocus after taking a break?
8. What's your motivation for studying? What will motivate you to reach your study goal(s)?

Rock Valley College

Create a Schedule for Your Study Sessions

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Study Topics							
Actions & Activities							
Study Times							
Breaks							