

Study Smarter

Your Personalized Study Plan

Use this worksheet to take control of your study habits. Reflect on your preferences, goals, and routine to build a plan that works for you.

1 Design your study routine

What time(s) of day do you feel most focused?

How many days per week will you commit to studying? Be realistic. Start small and build consistency.

Choose your study time block(s). Example: 30 minutes at 6:30 p.m., Monday-Thursday.

2 Create your study space

Where will you study? Choose a space where you feel most focused.

What will you keep there to stay prepared? *List supplies, books, charger, headphones, etc.*

What distractions will you remove?

Are you someone who likes to study alone or with others?

3 Set weekly study goals

Break your goals into manageable tasks. Consider if tasks have subtasks and how much time each step will take. *Examples: Complete one practice quiz, outline one chapter, write a section of a paper.*

Goal 1:

Goal 2:

Goal 3:

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4 Pick your study methods

What techniques will you use? (Check all that apply)

- Rewriting notes
- Making flashcards
- Teaching someone else
- Taking practice quizzes
- Summarizing chapters
- Recording voice notes
- Creating mind maps or diagrams
- Going to office hours or tutoring
- Other

5 Keep it active and balanced

Plan your breaks. Set a timer and identify what you plan to do. *Examples: Stretch, hydrate, walk, deep breathe. We don't encourage doom scrolling!*

How will you take care of your mind and body?

Hydration and nutrition plan:

Movement or exercise plan:

Sleep: hrs/night

6 Stay motivated

What will help you stay on track? *Reward ideas, accountability buddies, checklists, etc.*

What's your "why"? How will you ground yourself when you are questioning your ability?