

Study With Intention

Guidelines for Effective Studying

- Organize your study sessions by date, the session # for that day, and the time allotted for that session.
- Make sure study sessions are short, goal-oriented, and leave time for breaks.
- Minimize distractions such as cell phones and websites.
- Track all of your distractions with the goal of recognizing and minimizing them.
- Reflect on your study session and if you were able to get everything done in the allotted time.

Date

Session for Day

Allotted Time for Session

What is My Goal for This Study Session?

Distraction Tracker

Did I Accomplish Everything I Wanted to in the Allotted Time?