



Study Strategies Worksheet

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- * Effective studying is more than just spending time with textbooks—it's about using strategies that maximize learning and retention. This worksheet will guide you through a structured approach to help you set clear goals, stay focused, and reflect on your progress. By applying these strategies, you'll boost your productivity and make the most of your study sessions.

1 Set Clear Study Goals

What specific goals do you want to achieve in this study session?

- Goal 1: _____
- Goal 2: _____
- Goal 3: _____

2 Plan Your Study Time

How long will you study today?

- Total Study Time: _____
- Breaks: _____
(Plan for breaks using the Pomodoro technique or your preferred method.)

3 Active Study Methods

What active study techniques will you use today? *(Check all that apply)*

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Summarization | <input type="checkbox"/> Teaching the material | <input type="checkbox"/> Flashcards |
| <input type="checkbox"/> Self-testing | <input type="checkbox"/> Mindmapping | |

4 Eliminate Distractions

What potential distractions might hinder your focus today?

- Distraction 1: _____
- Distraction 2: _____
- Distraction 3: _____

How will you eliminate or manage these distractions?



4 Reflect and Review

At the end of your study session, answer the following

• **What did I learn today?**

• **What could I improve for next time?**

• **How will I review this material before the exam?**
