

PERSONALIZED STUDY PLAN

<i>What helps me increase attention and productivity?</i>	<i>What decreases my attention and productivity?</i>

<i>What signs does my body give that tell me I'm losing focus? (fidgeting, pacing, etc.)</i>	<i>What cognitive signs tell me that I'm losing focus? (brain fog, re-reading without understanding)</i>	<i>What other signs tell me that I'm losing focus? (boredom, scrolling on social media)</i>

Time - How long can you work before needing a break? What's the best length of break for you? What time of day is your attention at its best/worst?

<i>Do's</i>	<i>Don't's</i>

Study Environment - Do you focus better in silence or with background noise/music? Does studying with friends help or reduce your focus? Is there a location where you are most efficient?

<i>Do's</i>	<i>Don't's</i>

Other Considerations - Do you have all your study materials? Have you prioritized your tasks and selected the best study method for yourself? Do you need food, drink, or a study partner?

<i>Do's</i>	<i>Don't's</i>

