

PERSONALIZED STUDY PLAN

What helps me increase attention and productivity?

What decreases my attention and productivity?

What signs does my body give that tell me I'm losing focus? (fidgeting, pacing, etc.)

What cognitive signs tell me that I'm losing focus? (brain fog, re-reading without understanding)

What other signs tell me that I'm losing focus? (boredom, scrolling on social media)

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?

Do's

Don't's

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?

Do's	Don't's

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?

Do's	Don't's

