



Student Name: \_\_\_\_\_

Obtain Marks: \_\_\_\_\_

# Study Session Planner

## Focus & Task Management



Plan it out before you start, then check back in after.

Start time: \_\_\_\_\_ End time: \_\_\_\_\_

My goal for this session:

\_\_\_\_\_

What I need before I start:

- ☐ Book/notes
- ☐ Pencil/paper
- ☐ Water
- ☐ Quiet space

My plan:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

After: How did it go?

- ☐ Great
- ☐ It was okay
- ☐ Rough

One thing to try differently next time:

\_\_\_\_\_