

# 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:**

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**What I need before I start:**

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

**My plan:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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**After: How did it go?**

☐ Great    ☐ It was okay    ☐ Rough

**One thing to try differently next time:**

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