STUDYING INDIVIDUALLY

Strategies

Any study session should begin with a plan that will help to keep you on track. Listed below is an example of the steps you may take during a study session. By outlining your sessions in this format you will find yourself better able to keep track of your goals and your progress. In addition, you will begin to become a better judge of how long each of your studying tasks is taking you, which will help you to plan your time better in the future.

1. Set a study goal:
   • What do I want to accomplish in the next forty minutes?
   • Want learning skills/strategies can I use to accomplish my goals?
     ◦ Time: 2 minutes

   The first step to each study session should be goal setting. This is a very important part to any session and should not be over-looked. By setting goals for yourself you will be able to monitor your progress through larger tasks, such as writing a lengthy term paper or working through several chapters in your text. In addition, setting a goal for yourself at the start of each study session can act as a motivator, as you should be able to see yourself working steadily toward an end result, instead of working at a seemingly never-ending project.

2. Study:
   • Time: 40 minutes

3. Review/Recite:
   • What did I learn in the past forty minutes?
   • Where do I think the course will go from here?
     ◦ Time: 5 minutes

   Although it may seem unnecessary to engage in the review portion of your study session, completing this step is essential to consolidating the information you’ve just taken the time to learn. A brief review can help you to see what information you are having difficulty understanding, allowing you to return to the material well before the exam.

4. Reflect:
   • Did I accomplish my set goals? Why or why not?
   • What suggestions do I have for myself for next time?
     ◦ Time: 3 minutes

   As you reflect on your study session, assess whether you were able to accomplish the goals that you set out for yourself at the start of the session. If you are not tracking your goals they will become less useful to you. If you have not accomplished the goal that you set out at the start of the session take some time to determine why that might be—did you not allow yourself enough time? By reflecting on your goals and the factors contributing to your success in completing them you will be able to ensure that your future study sessions are planned better. Make some suggestions or your next study session.
5. Break:
   - Time: 10 minutes.

As with all the other portions of your study session it is essential that you allow yourself to take a break at the end of the session. Even a short break will leave you feeling more refreshed and better able to take on the next project. Ensure that you’re taking your breaks away from the space where you are studying—go for a short walk, or get a snack. Don’t take up another task at your desk if that is where you’ll be spending the next hour of your time.

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## Individual Study Guide

### Course:

### Goal:
- What do I want to accomplish in the next forty minutes?
- What learning skills/strategies can I use to accomplish my goals?

### Review/Recite:
- What did I learn in the past forty minutes?
- Where do I think the course will go from here?

### Reflection:
- Did I accomplish my set goals? Why or why not?
- What suggestions do I have for myself for next time?

### Break!