





# study plan

Listed below are several types of active studying strategies. Active studying will help you store the information in your long term memory. From the topics listed on the previous page, decide which active studying methods you want to use for each topic {you can & should do more than one per topic!}

Mind Maps	Flash Cards	Summary Sheets	Do Practice questions
Recite Information Out Loud	Teach it to Family or Friends	Re-Do Difficult Homework	Do Past Papers
Colour Code and Summarise Class Notes	Summarise Text Book Chapter	Make and do a Quizlet.com test	Practice Diagram Drawing and Labelling
Make a Poster	Do Practice Questions	Make a glossary or timeline	Make Mnemonics



# motivation

Don't break the chain! A great way to maintain motivation is to see how far you have come, and how productive you've already been. On each day that you study, put a big tick in the boxes below. Maintain the chain by studying every day—this will help you make a habit out of studying. You can also note down what you accomplished that day!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	23	24	25
26	27	28	29	30	31

## more motivation?

Here are a few different things I like to do to motivate me. Try them for yourself and see if they work for you!

Purchase some new stationery	Set up a study group with friends/classmates
Create a new study space & rearrange your desk	Use the 'Focus Now' or 'Forest' app on your phone
Listen to Spotify's 'Intense Studying' playlist	Block social media using the 'StayFocused' Chrome extension
Study at the library—on the quiet floor if there is one!	Find a playlist with the 'study' tag on 8Tracks
Install the 'momentum' Google Chrome extension	Study in a coffee shop—get a pastry if you work hard!
Scroll through the 'studyspo' tag on Tumblr	Reward yourself after completing a set amount of tasks
Write your goals down and check them off as you achieve them	Try out the 'Pomodoro' study technique (Google it!)
Go for a 15 minute power walk before you study	Set a realistic to-do list on paper or the 'Swipes' app