

Study Focus Strategies

WHICH OF THESE STRATEGIES DID I USE TODAY TO STAY FOCUSED?

FOCUS STRATEGY	M	T	W	H	F	S	SU
Set/Reviewed My School Goals for the Day							
Followed my study schedule.							
Put my phone away.							
Checked in with my accountability buddy.							
Took notes during learning time.							
Used my study/focus timer.							
Cleaned and organized my space BEFORE start time.							
Took my scheduled movement breaks.							
Reflected on my focus and attention for the day.							
Used Pomodoro technique.							

Study Focus Strategies Reflection

What worked best?

What didn't work?

What was an obstacle?

What can I try tomorrow?