

Essential Study Printables



BY HELPFUL PROFESSOR

CONTENTS

1. STUDY SESSION PLANNER

- Use the study session planner to ensure you get the most out of your study session. Set yourself a 'top priority' that you will choose to do first. Follow this up with the goals on your to-do list.
- To avoid distraction, follow the six setup steps on the worksheet and use the provided pomodoro timer.
- If you find yourself daydreaming, write down these non-study thoughts in your 'brain dump' and come back to them after the study session.

2. ASSIGNED READING WORKSHEET

- Use the assigned reading worksheet to extract key information from the readings you have been assigned.
- The key thing to remember about assigned readings is to identify the key points of the reading and how they're relevant to your class.
- If you don't understand something, don't despair. Write it down in the 'questions' section and pose those questions to your teacher in your next class.

3. WEEKLY GOAL SETTER

- Successful students don't just set long-term goals (like getting a certain GPA). They also set daily and weekly goals.
- The weekly goal setter gives you the chance to set study goals for your week. What do you want to achieve by the end of the week?
- Break your goals down into three key things you want to get done each day of the week. The more you can break your goals down into actionable steps, the more likely you are to take action.

4. WEEKLY SCHEDULE

- This is self-explanatory: print out the weekly schedule and write down which classes you have at which times.
- You can also block out time to study, go to the library, exercise, go to work, and relax with family.

5. DUE DATES TRACKER

- At the start of your semester, write down all important due dates and exam times in the due dates tracker. You can color code them according to subject, if you like.
- Note that there's a 2-weeks warning column. Aim to have completed most of your studying or drafts 2 weeks before the due date or exam. This will give you two weeks to review and consolidate your knowledge, or edit your essay. The best students spend as much time editing as they do writing!

6. CORNELL NOTES

- The Cornell Notes method is a note-taking method for university students. Use this in lectures to take note on what your professor is saying.
- The left-hand column is for 'cues'. These are keywords, key points, or key ideas covered in the lecture.
- The right-hand column is for 'notes'. This is where you add more comments that add more detail supporting the key idea in the left-hand side.

STUDY SESSION PLANNER

Date: _____

Goal: _____

SET UP

1. Turned off phone
2. De-cluttered study space
3. Full glass of water
4. Study snack
5. Study books out
6. Study music selected

TOP PRIORITY

1. _____

TO-DO LIST

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BRAIN DUMP

1. _____
2. _____
3. _____

STUDY TIME

Planned

Actual

POMODORO

25 5 25 5 25 5 25

WATER GLASSES



QUESTIONS?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

TOMORROW

1. _____
2. _____
3. _____

ASSIGNED READING WORKSHEET

Title: _____

Author: _____

WHAT'S IT ABOUT

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

RESEARCH METHOD

- _____
- _____
- _____

RELEVANCE

- _____
- _____
- _____

NOTES

- _____
- _____
- _____
- _____
- _____
- _____

QUOTES

- _____
- _____
- _____
- _____
- _____
- _____

NEW VOCABULARY

- _____
- _____
- _____
- _____

QUESTIONS (I DON'T UNDERSTAND)

- _____
- _____
- _____
- _____

WEEKLY GOAL SETTER

Week: _____

MONDAY

NOTES

1.

2.

3.

TUESDAY

NOTES

1.

2.

3.

WEDNESDAY

NOTES

1.

2.

3.

THURSDAY

NOTES

1.

2.

3.

FRIDAY

NOTES

1.

2.

3.

WEEKLY SCHEDULE

Dates _____

Goal: _____

	MON	TUE	WED	THURS	FRI
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					

CORNELL NOTES

Date: _____

Course: _____

CUES

NOTES

SUMMARY