Step 5 Checklist: Before Beginning a Study Period

☐ I plan to study from _____ to _____ with a break from _____ to _____.

☐ I know exactly what topics and pages I need to study/learn. They are:

☐ I have the resources I need

- Book
- Syllabus
- Computer
- Internet connection
- Study area
- Time
- Study calendar/schedule
- _____

☐ Consequences are in place for each study period.

- If I have a productive study period I will…

- If I do <u>not</u> have a productive study period I will…

☐ I define a productive study period as

☐ I will know I have mastered the information when

☐ I have the vocabulary and/or foundational knowledge to be able to understand:

- Lectures
- Reading assignments
- Class discussions

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