

# Study Plan: Environment and Tools



Before you start studying for an upcoming assessment, use the template below to think about the environment you want to set and the tools you want to use. Make sure to reflect on any changes you want to make from previous study sessions as you answer the questions!

Environment	Tools and Materials
<p>Where do you plan to study? Write down the location(s).</p> <p>_____</p> <p>_____</p>	<p>List all of the materials that you will need to study for this test:</p>
<p>When do you plan on studying? Write down the specific time(s).</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> </ul>
<p>Describe what you'd like your study environment(s) to look and feel like.</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
<p>What are some potential distractions that could get in the way of you studying? Write these out, and then describe how you plan to avoid these distractions during your study session(s).</p> <p>_____</p> <p>_____</p>	<p>Set your intentions for your study session(s). What do you plan to accomplish? How will the materials you mentioned above help you do that?</p> <p>_____</p> <p>_____</p>
<p>Do you plan to study by yourself, or with others? Who will you study with?</p> <p>_____</p> <p>_____</p>	<p>How long do you plan to study during each session? Write down how you plan to take breaks, including how long your breaks will last.</p> <p>_____</p> <p>_____</p>
<p>_____</p> <p>_____</p>	<p>What are some energizing breaks you could take if you get tired while studying?</p> <p>_____</p> <p>_____</p>