



# SMART STUDYING

Name:

Date:

Put a check mark next to the statements that are true for you.

- ☐ I have a place to study that's clean, well-lit, and has everything I need.
- ☐ I eliminate distractions when I study (turn off TV, phone, etc.).
- ☐ I study at the time of day that's best for me (not just when I can squeeze it in).
- ☐ I don't procrastinate.
- ☐ I always create a study plan before I start to make sure I get everything done.
- ☐ I break large assignments down into small parts I can do over time.
- ☐ I take breaks between subjects.
- ☐ I review everything I study.

What areas do you need to work on?

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How many stars  
would you give your  
study habits?



Explain your rating.

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