

LookBack/LookAhead Study Skills

Name: _____ Date: _____

Looking Back

Have I:

- ☐ created a comfortable space for studying?
- ☐ studied in short bursts of 30–45 minutes, then taken a five-minute break, and repeated the process?
- ☐ planned and recorded a set time for studying at least two times per week (being flexible due to unforeseen events)?
- ☐ explained and analyzed information, speaking aloud as if I were teaching it to someone else (helping me to stay engaged and focused with this “active” study strategy)?
- ☐ shared what I’m learning with someone else to place the information into long-term memory?
- ☐ written, drawn, sketched, and designed concept maps to make sense of information and to help with memory?
- ☐ turned off digital devices during study time?
- ☐ tried to review class notes each day for just a few minutes (because I know this leads to long-term memory and easier retrieval of information later on)?
- ☐ consolidated notes (merging two to three pages into half a page of notes)?
- ☐ self-evaluated weekly to remind myself of these positive study habits?
- ☐ set a goal for myself each week?

Looking Ahead

For next week, I plan to: _____

This will help me to: _____