

**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**

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| For next week, I plan to |
| This will help me to |

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