

Study Log

Date: _____

Location: _____

Start Time: _____ End Time: _____ Total Duration: _____

Environment Check-in:

- Social or Solitary
- Public or Private
- Well-lit
- I had all my supplies and materials
- To prevent distraction, I: _____

Physical Check-in:

- I am well rested
- Hours of sleep in last 24 hours: _____
- I have eaten some healthy food
- I am well hydrated
- I have moved my body with intention today

My goals for the study session (check off when complete):

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Study approaches or methods used:

Having completed this session, I feel:

- | | | |
|---------------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Stressed | <input type="checkbox"/> Tired | <input type="checkbox"/> At ease |
| <input type="checkbox"/> Accomplished | <input type="checkbox"/> Energized | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Satisfied | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Defeated |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Disheartened | <input type="checkbox"/> |
| <input type="checkbox"/> Proud | <input type="checkbox"/> Happy | <input type="checkbox"/> |

My goals for next session:



To learn more, book a one-on-one coaching appointment or attend a Learning Skills Workshop!
Visit www.smu.ca/studentsuccess
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