

# Engaged Studying Self-Coaching Form

Explore, Understand, and Discover Yourself!

**When am I studying?** From: \_\_\_\_\_ to \_\_\_\_\_

**Where am I studying?** On Campus    Off-Campus    At Home

Exact Location \_\_\_\_\_

**What am I studying?**

Subject 1 \_\_\_\_\_

Subject 2 \_\_\_\_\_

Subject 3 \_\_\_\_\_

**What do I need to know or accomplish during this study session?**

Subject 1: \_\_\_\_\_

Subject 2: \_\_\_\_\_

Subject 3: \_\_\_\_\_

**Where can I find the information I need to accomplish this goal?**

Subject 1: \_\_\_\_\_

Subject 2: \_\_\_\_\_

Subject 3: \_\_\_\_\_

**What tools do I need to accomplish this goal (text book, notes, computer, book, calculator)?**

Subject 1: \_\_\_\_\_

Subject 2: \_\_\_\_\_

Subject 3: \_\_\_\_\_

**How much progress did I make toward the study goals I laid out for myself?**

Subject 1: 

1	2	3	4	5	6	7	8	9	10
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Subject 2: 

1	2	3	4	5	6	7	8	9	10
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Subject 3: 

1	2	3	4	5	6	7	8	9	10
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**What do I need to do to, next time, to complete the study goals I set out to achieve today?**

Subject 1: \_\_\_\_\_

Subject 2: \_\_\_\_\_

Subject 3: \_\_\_\_\_

**When is my next scheduled study time?**

Date: \_\_\_\_\_ Time: From \_\_\_\_\_ to \_\_\_\_\_

**How am I going to remember this date and time?**

Phone alarm    Paper Planner    Digital Planner    Memory    Other