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

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