



SPACED REPETITION PLANNER

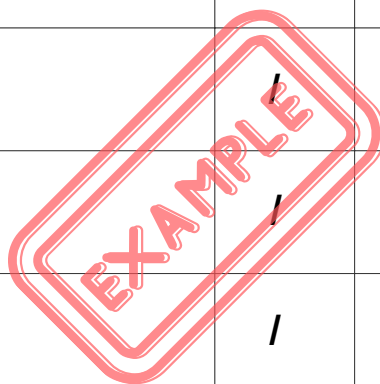
COURSE: _____	DATES				
TOPICS	FIRST LEARNED ON:	1ST REVIEW	2ND REVIEW	3RD REVIEW	4TH REVIEW
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NOTES



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HOW TO MAKE THE MOST OF A STUDY PLANNER

Effective preparation is crucial for enhancing the productivity of your study sessions. Here are some key tips to help you make the most of your study time:

Before the Study Session:

- **Establish Clear Goals:** Define specific and achievable objectives for the session.
- **Gather Necessary Materials:** Ensure you have all required textbooks, notes, and study resources at hand.
- **Select an Appropriate Study Environment:** Choose a quiet, well-lit area that is free from distractions.
- **Manage Your Time:** Develop a study timetable with allocated time slots for different subjects or topics.

During the Study Session:

- **Maintain Focus:** Minimize interruptions by muting your phone or using website blockers.
- **Take Regular Breaks:** Short breaks every 25-30 minutes can enhance your concentration.
- **Utilize Effective Study Techniques:** Experiment with methods such as summarization, flashcards, or teaching others the material.
- **Review and Reiterate:** Revisit previously learned content to reinforce memory retention.

By following these steps, you can establish an optimal study environment that promotes effective learning.

Extra Suggestions:

- Employ digital tools or apps for organization and planning.
- Explore various study methods for effectiveness.

For more resources and tips on how to improve your study skills and achieve academic success, join our online community!



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