



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

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Study Guide

Subject: _____

Date started: _____

1. What Am I Learning?

Write the main topic in one sentence

2. Main Ideas

Write the most important facts

- _____
- _____
- _____
- _____
- _____

3. Remember This

Write the facts you must know

- ★ _____
- ★ _____
- ★ _____
- ★ _____

4. Examples

Example 1- Question: _____

Answer: _____

How was it solved? _____

Example 2- Question: _____

Answer: _____

How was it solved? _____

5. Things I Need More Practice On

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

6. Study Checklist

- ☐ Read my notes
- ☐ Review important words
- ☐ Practice questions
- ☐ Check my answers
- ☐ Review and understand mistakes
- ☐ Explain the topic to someone else (the information is locked in when you can do this)
- ☐ Review one more time

7. Weekly Study Log

Day	What I Studied	Minutes	Confidence level (1-5)	Finished ?
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

8. Reflection (answer these out loud)

What did I learn today?

What do I still need help with?

9. Goal for the next study session

Goal for next study session: _____