



You Still Have a Chance — One-Page Study Plan

Purpose: Regain focus, manage time, and study smarter — not harder.



1. Clarify Your Purpose

Write down 2–3 personal reasons for studying:

- ☐ Career growth
 - ☐ Confidence improvement
 - ☐ Curiosity & knowledge
 - ☐ Other: _____
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2. Set Micro-Goals (Daily Targets)

Focus on **one subject or task at a time**.

- Monday: _____
 - Tuesday: _____
 - Wednesday: _____
 - Thursday: _____
 - Friday: _____
 - Weekend: Review / Reflect
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3. Use Time Blocks

Focus	Duration	Break	Notes
25 min	5 min		Short tasks
50 min	10 min		Medium focus
90 min	20 min		Deep work

- ☒ Choose 1–2 deep-focus blocks daily.
 - ☒ Turn off phone notifications during blocks.
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4. Study Techniques

- ☐ Active Recall – Quiz yourself
 - ☐ Spaced Repetition – Review over days
 - ☐ Teach What You Learn – Explain concepts aloud
 - ☐ Interleave Topics – Mix related subjects
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5. Well-Being & Motivation

- ☐ Sleep 7–8 hours
 - ☐ 10-minute walk between sessions
 - ☐ One daily reflection: “What did I learn today?”
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6. Weekly Reflection

At week’s end, ask:

- What worked best?
- What distracted me?
- What will I change next week?

Small improvements each week = massive results over time.

7. Quick Reminder

You still have a chance. Start small. Stay consistent. Believe in progress.