

One-Page Study Checklist

Tick each box as you go.

Date: _____

Subject: _____

Before studying

- ☐ Decide today's topic
- ☐ Set a specific goal
- ☐ Keep required materials ready
- ☐ Remove distractions

During studying

- ☐ Understand the concept
- ☐ Make concise notes
- ☐ Use active recall
- ☐ Solve practice questions
- ☐ Mark difficult areas

After studying

- ☐ Test yourself without notes
- ☐ Check your mistakes
- ☐ Review difficult points
- ☐ Schedule the next revision

Every week

- ☐ Review completed chapters
- ☐ Identify weak subjects
- ☐ Practise previous or sample questions
- ☐ Update your study timetable
- ☐ Take adequate breaks