A Learner's Toolkit

Building Good Habits
Study Journal

Name: _____

Teacher: _____

Toolkit Strategy Guidelines

Toolkit Strategy	Description
Retrieve It	Practice recalling learned information, strengthen memory traces and increase the chances that the information is transferred to their long-term memory **Strategies: Quick Reviews, Online Quizzes, Flashcards**
Space It	Avoid leaving too long or too short a gap between studying a subject/concept **Spacing Formula = Number of Days until Test x 15%**
ABC CAB **Jumble It**	Master the basics first, choose a few related topics (select between 3 & 4), and jumble the order that you study them **Top Tip: Jumble concepts/topics that are similar are use the same processes**

Study Session Tracking

Subject	Date of Study Session								
Maths									
Science									
Language									
Humanities									
Elective									

Subject: Maths   **Date: _____**

Yesterday	
A Week ago	
A Month ago	

Subject: Maths   **Date: _____**

Subject: Maths   **Date: _____**

Yesterday	
A Week ago	
A Month ago	

Subject: Maths   **Date: _____**

Subject: Maths   **Date: _____**

Yesterday	
A Week ago	
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A Month ago	

Subject: Maths   **Date: _____**

Subject: Maths   **Date: _____**

Yesterday	
A Week ago	
A Month ago	

Subject: Maths   **Date: _____**

Subject: Science   **Date: _____**

Yesterday	
A Week ago	
A Month ago	

Subject: Science   **Date: _____**

Subject: Science   **Date: _____**

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Subject: Science   **Date: _____**

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A Week ago	
A Month ago	

Subject: Science   **Date: _____**

Subject: Humanities   **Date: _____**

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A Week ago	
A Month ago	

Subject: Humanities   **Date: _____**

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Subject: Humanities   **Date: _____**

Subject: Language   **Date: _____**

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A Month ago	

Subject: Language _____   **Date: _____**

Subject: Elective _____   **Date: _____**

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A Month ago	

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A Month ago	

Subject: Elective _____   **Date: _____**