**Part 2: Implement and Evaluate Your Plan**

Use this worksheet to help you monitor your attention, track your progress, and evaluate your performance when studying.

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| **Study/Work Objectives**  Identify the tasks you want to complete. | **Before**  Preplan your study approach and pick your checkpoint(s). | **During**  What strategies will you use to help maintain attention while studying? | **Checkpoint**  Stop and check your progress. Need to make any changes? | **Reflect/Review**  Evaluate your session and reward yourself! |
| 1) Click to enter text.    2) Click to enter text.  3) Click to enter text. | Tools used to prep:  Where to study?  Click to enter text.    When to study?  Click to enter text.  How long to study?  Click to enter text.  Break/study schedule?  Click to enter text.  Materials needed?  Click to enter text.  Accountability?  Click to enter text.  Pick checkpoint times:  Time 1:  Time 2:  Time 3: | Self-Script  Thought Pad  Attention Checks  Pomodoro Technique  Study Partner  ­­ | Check-point 1: Click to enter text.  Completed objective(s)  Used selected strategies  Rate your attention:  1 2 3 4 5  Needed change: Click to enter text.  Check-point 2: Click to enter text.  Completed objective(s)  Used selected strategies  Rate your attention:  1 2 3 4 5  Needed change: Click to enter text.  Check-point 3: Click to enter text.  Completed objective(s)  Used selected strategies  Rate your attention:  1 2 3 4 5  Needed change: Click to enter text. | What worked?  Click to enter text.  What didn’t work?  Click to enter text.  What got in the way?  Click to enter text.  What can I do differently?  Click to enter text. |
| Reward:  Click to enter text. |