

Study Log

Name:	
Date:	
Location:	
Start Time: End Time: _	Total Duration:
Environment Check-in: Social or Solitary Public or Private Well-lit I had all my supplies and materials To prevent distractions, I	Physical Check-in: am well rested Hours of sleep in the last 24hrs: have eaten some healthy food am well hydrated have moved my body with intention today
My goals for the study session (check of when complete):	Study strategies or methods used:
Having completed this session, I feel: Stressed Tired At ease Accomplished Energized Worried Satisfied Overwhelmed Defeated Calm Disheartened Happy	
My goals for next session:	

The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

To learn more, **scan the QR code**, or visit the ASC, located in the Library Learning Commons (5-139G).

