**Action Plan – Learning Strategy**

**Your name**:

**Your practice area**:

**Why did you choose this practice, and what do you hope to gain from it?**

# **Your goal to engage in this practice for the week:**

* **What do you commit to doing?**
	+ Example 1: I will commit to using the study cycle daily, starting Monday 10/16
	+ Example 2: I will commit to use spaced recall at least once per day

# **Next step – Set up and track in your log:**

Personalize the set-up of your log so you can track what you said you will do. (Examples, one day completed)

For example:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Mon 10/16 | Tue 10/17 | Wed 10/18 | Thur 10/19 | Fri 10/20 | Sat 10/21 | Sun 10/22 |
| Study cycle – CJ course  |   |  Study cycle – BIOL course |   |  |  |  |

# **Self-Report:**

At the end of the week, complete these questions:

**How well did you meet your goal?**

**What factors helped or hindered in meeting your goal?**

**How do you feel after the week of practice or comment on whether this helped you?**

**What is your next step and why? (Personalization credit available) For example:**

* **Will you try this practice again?**
* **Will you try this practice with modifications?**
* **Will you try a different practice?**