



My Daily Study Journal

LEARNING
OUTCOMES I SEEK

Blank area for writing learning outcomes.

WHAT I ACTUALLY
LEARNED

Blank area for writing what was actually learned.

STRATEGIES I USED

Blank area for writing study strategies.

THINGS THAT HELPED
ME LEARN TODAY

Blank area for writing things that helped with learning.

THINGS I NEED TO DO
MORE OR BETTER NEXT
TIME

Blank area for writing things to do next time.

I THINK MY STUDY
EFFORT TODAY WAS

- AMAZING
- GREAT
- GOOD
- OKAY
- NOT SO HOT

SUBJECT:

POMODOROS:

DATE:

INITIAL: