# Teen Study Skills Steps

Map. Break. Retrieve. Space. Focus. Review. Adjust.

**Name:** _____ **Date:** _____

### 1. Safety sort

Crisis first. Prefer a safety plan.

### 2. Map the week

Tests, due dates, work, practice.

### 3. Break tasks

One tiny first step per big task.

### 4. Retrieve

Quiz yourself. Do not only reread.

### 5. Space it

Short sessions across days, not one cram.

### 6. Phone park

Distraction audit. Phone out of reach.

### 7. Focus rounds

25 min work, 5 min break. Then stop.

### 8. Error log

What I missed + why + next fix.

### 9. Check in

Keep what worked. Shrink what did not.

## High utility vs low utility study habits

Prefer practice testing and spaced practice over rereading and highlighting alone.

| | |
|---|---|
| **Retrieve**<br>Practice testing beats passive reread. | Cover notes. Write what I remember. Check. |
| **Space**<br>Distributed practice beats one cram. | Three 20 min sessions across days. |
| **Cram theater**<br>Looks busy. Weak for lasting recall. | Highlight everything the night before. |

**Study skills are habits, not a cure for ADHD or a learning disability.**

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Prefer a safety plan in crisis.

# My Study Skills Plan

Map the week. Break tasks. Pick retrieve + space. Park the phone.

**Name:** _____ **Date:** _____

**This week's load (tests, due dates, practice, work)**

_____

_____

Heaviest day: _____ Protected study block: _____

**Big task break-down (one tiny first step)**

Task: _____

First 10 min step: _____

When I will do it (day + time): _____

**Retrieve + space plan**

Subject / topic I will quiz myself on:

_____

Days I will practice (circle): Mon Tue Wed Thu Fri Sat Sun

Session length: _____ min Number of sessions this week: _____

If I only reread or highlight, I will switch to: cover and recall / flash cards / practice problems

**Phone park + study spot**

Where my phone goes during study: _____

My study spot (quiet enough, tools ready): _____

If-then: If I want to check my phone, then I _____

**Error log starter (after a quiz or homework check)**

What I missed: _____

Why (guess / rushed / did not practice / other): _____

Next fix (one concrete action): _____

Adult I can ask for help or accommodations: _____

Crisis: 988 · HOME to 741741 · 911. Prefer a safety plan if unsafe.

Original layout by Lotus & Tulip, based on study techniques research neighbors. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/study-skills-activities-for-teens.html

# Teen Study Skills Practice Log

Seven days. Retrieve, space, focus. Partial wins count.

**Name:** _____ **Date:** _____

| Day | Subject / topic | Retrieve? Y/N | Minutes | Phone parked? | 0-5 focus |
|---|---|---|---|---|---|
| Mon | | | | | |
| Tue | | | | | |
| Wed | | | | | |
| Thu | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |

**Teen mini card (cut out and keep)**

Map · Break · Retrieve · Space · Phone park · Focus rounds · Error log

Quiz yourself. Spread practice. Park the phone. Review mistakes.

Not a cure for ADHD or a learning disability. Not cramming theater.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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