



# THE STUDY BLOCK FORMULA

01

## START

Define your outcome

Example: "Finish 5 quiz questions" not "study biology"



02

## FOCUS (25-45 MIN)

One task only — no switching

Reading / Listening / Writing / Researching / Collating



03

## PROOF

Write what you did + what's next

"Completed Qs 1–5. Next: review incorrect answers."



04

## RESET (5–10 MIN)

Break / Stretch / Water / 5 min Dopamine Menu

Step away from your screen. Move your body.



05

## SWITCH TASK

Let your brain engage in a new activity

Change subject or mode (reading → writing, theory → practice)



## NOT SURE WHERE TO START?

Pick your lowest-energy task first (builds momentum). Or pick your highest-stakes task first (clears mental space). Either works — just choose one and start the clock.

Need more help navigating study habits?  
Book a session with a Learning Skills Advisor >>

