“Power Hour” Study Session

A Power Hour study session is all about getting the most out of your time by working with intention and focus!

This isn’t just another study block, it’s a high-energy-no-distraction hour where you commit to tackling your most important or challenging tasks. Whether you're reviewing for a big exam, organizing notes, or starting a major assignment, the Power Hour helps you make real progress.

Use this worksheet to set clear goals, choose your strategies, and stay accountable from start to finish.
Let’s make this hour count!

1. **Goal Setting (1-2 minutes)**: Choose one clear, realistic goal for your session. Example: “Finish outlining my psychology essay” or “Review chapters 3 and 4 for my biology quiz.”
2. **Study with a Focus (30-50 minutes)**: Work without distractions. This means turn off notifications, find a quiet spot, and dive in. Example: Use active recall, rework practice problems, or organize your notes into flashcards.
3. **Reward Yourself (5-10 minutes)**: Take a short break and do something that feels good. Example: Grab a snack, scroll TikTok, take a short walk, or text a friend. Set a timer to avoid overindulgence.
4. **Review (5-10 minutes)**: Reflect on what you accomplished and what’s next. Example: Check off your goal, jot down a quick note like “Need to review flashcards again tomorrow,” or plan your next Power Hour.

Create your Own “Power Hour”

GOAL SETTING (1-2 minutes)

What specific task do I want to complete or make progress on during this session?
Why is this task important right now (deadline, difficulty, impact on my grade, etc)?

STUDY WITH A FOCUS (30-50 minutes)

What study strategy or tool will I use to stay focused? (e.g., flashcards, outlining, practice problems)
What distractions might come up, and how will I minimize them?

REWARD YOURSELF (5-10 minutes)

What’s a small reward I can give myself after completing this session?
How will I use this break to rest or recharge before the next thing?

REVIEW (5-10 minutes)

What did I accomplish during this Power Hour?
What are my next steps or follow-up tasks to keep the momentum going?

What did you learn about your focus, energy, or habits during this Power Hour that you can use in future study sessions?

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