Aha. STUDY COACHING

The 5 Minute Study Rescue

Choose one task. Spend five minutes finding a manageable way to begin.

1 What is the task?

Name the piece of work and what you need to produce.

2 What do I understand?

What do you already know? What have you tried?

3 Where am I stuck?

Is anything unclear, missing or too big to start?

4 What could help?

Choose one source of help, then return to the task.

- ☐ Notes, textbook or worked example
- ☐ Teacher, classmate or family member
- ☐ A useful study website or video

5 How will I practise?

Choose a small attempt you can make yourself.

6 What is my next step?

Write one action, when you will start and for how long.

After trying: What helped? What will you adjust next time?