

Name: \_\_\_\_\_

### **Week 5 - My Study Plan**

Complete the worksheet below to identify three things you **plan to do/change in your studying** based on what you now know about memory. CITE THE COURSE INFORMATION FOR WHAT YOU LEARNED (see example below).

**For example:** I learned that....my brain needs sleep to consolidate memories (Week 5, Improving Memory, DANCERS, S- Sleep).

So I will....ensure I get at least 7-8 hours of sleep every night so that I can learn or study new information efficiently

#1) I learned that... \_\_\_\_\_

So I will....\_\_\_\_\_

#2) I learned that... \_\_\_\_\_

So I will....\_\_\_\_\_

#3) I learned that... \_\_\_\_\_

So I will....\_\_\_\_\_