

TABLE: STUDY_SESSION

| Field Name | Data Type | Description |
|-----------------|-----------|-----------------------------|
| _id | ObjectId | Unique identifier |
| userId | ObjectId | Reference to User |
| subject | String | Subject studied |
| topic | String | Specific topic covered |
| duration | Number | Actual duration in hours |
| plannedDuration | Number | Planned duration in minutes |
| startTime | String | Session start time (ISO) |
| notes | String | Session notes/reflections |
| createdAt | Date | Record creation timestamp |