



## Intense Study Sessions

Set a goal	1-2 min	Decide what you want to accomplish in your study session.
Study with focus	30-50 min	Interact with material - organize, summarize, concept map, process, re-read, fill-in notes, reflect, etc.
Reward yourself	10-15 min	Take a break - go for a walk, get a snack, relax
Review	5 min	Go over, summarize, and wrap-up what you just studied

## Next Step Research Tools

### College Information/Planning:

- Keys to Success
- <https://www.ktsutah.org/>
- College Board

<https://bigfuture.collegeboard.org/?navId=www-cp>

- Utah Colleges and Universities

<https://www.utah.gov/education/colleges.html>

- Step Up Utah

<https://stepuputah.com/grade/8th-grade/>

### Scholarships/Financial Aid:

- Financial Aid, Scholarships, and Students Loans 101

<https://lendedu.com/blog/financial-aid-scholarships-student-loans-101-course>

- Washington County School District Scholarship Directory

<http://secondaryed.temp.washk12.org/academics/scholarships>

- College Board Scholarship Search Engine

<https://bigfuture.collegeboard.org/scholarship-search#>

- Fast Web Scholarship Search Engine

<https://www.fastweb.com/>

- youscience

- <https://www.youscience.com/>

- Career Exploration:

- O\*Net Interest Profiler

<https://www.mynextmove.org/explore/ip>

### Testing Information:

- What is the ACT and why is it important?

<https://www.princetonreview.com/college/act-information>

- ACT FAQ

<http://www.act.org/content/act/en/products-and-services/the-act/help.html>