

# STEM Focus Lab

Study Schedule (Weekly) — College

**Student Name:**

**Week of:**

<b>Time</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
Block 1					
Block 2					
Block 3					
Block 4					
Block 5					
Block 6					
Block 7					
Block 8					
Block 9					
Block 10					

# STEM Focus Lab

Pomodoro Tracker (Daily) — College

Date:

Subject:

Today's Goal:

#	Start	End	Break	Completed
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

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## Teacher & Parent Guide

### Purpose of This Tool

- Help students build consistent, focused study habits.
- Encourage time awareness and realistic planning.

### How to Use the Weekly Schedule

- Limit planning to realistic blocks (30–60 minutes).
- Schedule hardest subjects during the student's most alert time.
- Review the plan together once per week.

### How to Use the Pomodoro Tracker

- One Pomodoro = 25–30 minutes of focused work.
- Short breaks (5 minutes) help prevent mental fatigue.
- After 3–4 Pomodoros, encourage a longer break.

### Support Tips

- Praise consistency, not total hours.
- Adjust block length if the student struggles to focus.
- Keep devices away during focus blocks.

### Reflection Questions to Ask

- What helped you focus today?
- What subject felt hardest this week?
- What will you change next week?

STEM Focus Lab — Learning systems built for focus, not burnout.