

STEM Focus Lab

Study Schedule (Weekly) — High School

Student Name:

Week of:

Time

Mon

Tue

Wed

Thu

Fri

Block 1

Block 2

Block 3

Block 4

Block 5

Block 6

Block 7

Block 8

STEM Focus Lab

Pomodoro Tracker (Daily) — High School

Date:

Subject:

Today's Goal:

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

STEM Focus Lab

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.