

## What is a Playsheet?

A playsheet is your quick, strategic game plan to level up your academic skills. It helps you reflect, apply, and take action on what you've learned — just like a pro gamer prepares for their next match.

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## ARI Playsheet #09: Game Ready – Building Better Study Habits

### Key Moves (Summary)

- Strong study habits help you stay on track and reduce last-minute stress.
- Study in short, focused bursts (like the Pomodoro technique) to keep your brain engaged.
- Choose a study space that limits distractions and suits your style.
- Use active learning techniques — summarising, teaching others, or self-testing.
- Be consistent: regular review beats cramming every time.
- Reward yourself for sticking to your routine — it builds motivation.

### Player Insight (Reflection Prompt)

*What's one study habit that's helped you succeed in the past? Can you bring it back or improve it?*

### Power-Up Action (Practical Task)

*Try using the Pomodoro technique (25 mins study, 5 mins break) in your next session and track how it goes.*

### XP Log (Write Something Down)

*This week, I will...*

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Have fun learning! 

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