Decide what you want to accomplish.
How do you want to study?
What are you going to cover?
What do you need to study?

Start studying. Interact with material, review notes, complete practice tests, etc.
What is your learning style?
Who can you connect with if you don’t understand something?

Step away from material and clear your head.
What gives you energy when studying?
How can you quickly relax and de-stress?
What does your body need in this moment?

Review what you studied and summarize it.
Do the concepts make sense?
Could you teach these concepts to someone else?
Do you still have questions?

Make a choice.
Should you continue studying?
Should you switch to a different subject?
Should you find a new way to review the same material?
Are your study habits working for you?