Study That Sticks Planner

Think of this planner as your study coach.

Every page tells you what to do, right where you do it.

1 THE COACH LEADS

Follow the steps.

Go page by page.
Do what each one asks.

→

2 YOU PRACTICE

One move at a time.

Each page gives one habit.
Repeat it until it's easy.

→

3 YOU TAKE OVER

Make it yours.

Change what doesn't fit.
Skip, move or add pages.

COACH LEADS — **YOU LEAD**

A good coach steps back as you get stronger. The goal: you run your own study plan.

My starting line

Fill this in before you turn the page.

I START ON _____ **MY TEST DATE** _____ **WEEKS TO GO** _____

MY GAME PLAN About 30 minutes, most days

MY STUDY TIME _____ **MY STUDY SPOT** _____

IF I MISS A DAY, I'LL _____

Deciding when and where ahead of time makes it easier to follow through.
About 30 minutes on most days helps you remember more than one long cram.

SIGNED _____

Every month, start a fresh plan.

At the start of each month you study, fill in a new set of study calendar pages.
Your free times and big dates change, so your plan should too.

Scan for help with this planner

- ✓ See how each page works.
- ✓ Ask for free help with your study plan.
- ✓ Tell me what's working and what's not.

lisensa.com/planner

Receipts: Planning when and where: Gollwitzer and Sheeran 2006. Short sessions (spacing): Cepeda et al. 2006.

Six study habits

Every step on your study pages uses one of these habits.
The models show what your notes could look like. Bars stand for your own words.

Scan to see all six done

1 Close the book
You may know it as blurting

Write everything you remember with the book closed. Then open it and add what you missed.

MODEL

Levels of decontamination, book closed:

\+ *missed it!*

Why it matters: Pulling it from memory is what makes it stick. Rereading only feels like learning.

2 Space it out
You may know it as "2357"

Bring each topic back over several days, a few days apart, not all in one night.

MODEL

One topic, three times this week:

M	T	W	Th	F	Sa	Su
Decon.	*Decon.*			*Decon.*		

Why it matters: Coming back after a few days, as you start to forget, makes it last longer.

3 Check how sure
You may know it as traffic-light rating

Rate how sure you are before you check. Then check.

MODEL

Disinfecting tools: how sure am I?

☹ 1 | 😐 2 | ☺ 3

Shaky: back in 3 days

Why it matters: Feeling sure isn't the same as knowing. Rating first shows what to study.

4 Explain it out loud
You may know it as the Feynman technique

Say or write it simply, like you're telling a client. Where you get stuck is what to study.

MODEL

Telling a client why I disinfect:

Why it matters: If you can say it simply, you understand it, not just the words.

5 Mix topics
You may know it as interleaving

Take turns between topics instead of finishing one before starting the next.

MODEL

Safety topics taking turns:

M	T	W	Th	F	Sa	Su
Decon.	*SDS*	*Decon.*	*Tools*	*SDS*	*Decon.*	

Why it matters: The test mixes topics too. Mixing helps you tell look-alikes apart.

6 Name the gap
You may know it as a wrong-answer log

Write down what you were sure of that turned out wrong. It comes back first.

MODEL

I was sure of this line:

Not yet. The right version:

\+

→ *back first on Thursday*

Why it matters: The mistakes you were sure about are the ones that come back. Fix them first.

Receipts: Close the book and space it out: Dunlosky et al. 2013; Cepeda et al. 2006. Sure but wrong: Metcalfe 2017. Mix topics: Rohrer and Taylor 2007.

My practice tests

Tips to use, plus a log of every test

Practice exam tips

Use these every time you take a practice test.

1. Cover the answers. Answer in your head first.
2. What is it really asking? Which topic, which area?
3. Cross out the ones you know don't fit, then choose.
4. Stuck? Mark it, move on, come back. Use the flag button if your guide's tutorial shows one.
5. If you have a reason to change an answer, change it.
6. Before you check, mark each answer: sure or not sure.
7. Sure but wrong? Circle it. Study that topic first.

MY PRACTICE TEST LOG

After each test, think about what you learned and what you'll do next.
Use your calendar to plan your next steps.

Date	Score	Areas I missed most

Score: write it the way your practice test shows it (like 42/60 or 70%).

Receipts: Tip 5: Kruger, Wirtz and Miller 2005; Bauer, Kopp and Fischer 2007 (college and medical-school exams). Tip 7: Metcalfe 2017.

THIS PLANNER BELONGS TO _____

My profile

MY SCHOOL _____ MY INSTRUCTOR _____

I STARTED SCHOOL _____ I GRADUATE _____

MY PROGRAM ☐ cosmetology ☐ esthetics ☐ nails ☐ barbering ☐ other _____

WHY I CHOSE THIS CAREER _____

MY DREAM JOB _____

1 My favorite ways to study
Check all that fit

☐ headphones on ☐ quiet room ☐ music on ☐ highlighters
☐ sticky notes ☐ paper notebook ☐ on my laptop
☐ on my phone ☐ flashcards ☐ with a friend
☐ other _____

2 Apps and tools I use
Add the ones friends use

App or tool	Subscription?	How often I use it
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely
	☐ Y ☐ N	☐ daily ☐ weekly ☐ rarely

Tools to look into (ask your study group): _____

3 I focus best in the...
☐ morning ☐ afternoon ☐ evening ☐ late night

4 Each week I can study about...
☐ 1 to 2 hours ☐ 3 to 5 hours ☐ 6+ hours

5 What gets in the way?
Check all that fit

☐ work ☐ family ☐ my phone ☐ being tired
☐ other _____

6 When I get stuck, I usually...
☐ ask someone ☐ look it up ☐ skip it and come back
☐ keep going

7 Topics that click
Like: color theory, client consults _____

8 Topics that are hard
Like: chemistry, anatomy terms _____

My community

Why? You don't have to do this alone. Write who you'd text when you get stuck.

	Name	Phone	Email
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			

HAVE A STUDY GROUP?

Check the box next to each person in your group. Pick how you'll stay in touch.
You'll choose meet-up days later, when you plan your month.

We'll stay in touch by ☐ group chat ☐ text ☐ call or video ☐ in person

Find your exam's official guide

Why? Your guide is the official word on what's on your test and how much each area counts. Everything you plan in this planner starts from it, so you study what's actually on the test.

DIRECTIONS

1. **Go to your state board's website.**
   Search "[your state] board of cosmetology." Use the official .gov site.
2. **Open your exam guide.**
   It may be called **Candidate Information Bulletin**, **Candidate Handbook** or **Exam Information**.
3. **Check that it's the newest one.**
   Guides change. Look for the date on the cover.
4. **Fill in My exam at a glance below.**
   The test facts are near the front of the guide.

Can't find it? Ask your instructor or school office.

My exam at a glance

Keep this page. Come back to it any time.

EXAM NAME

TESTING COMPANY

BULLETIN DATE OR VERSION

WHERE I FOUND IT (WEBSITE)

QUESTIONS	TIME	TO PASS
how many	how long I have	score I need

MY TEST DATE

WHERE I'LL TEST

Test day Copy these from your guide too.

ARRIVE BY how early

WHAT TO BRING what your guide lists

TO RESCHEDULE how and by when

MY RESULTS when and how I get them

IF I NEED TO RETAKE how soon, how to sign up

OTHER TESTS I NEED practical, state law: dates

→ **Next: My exam map.** Keep your guide open. You'll copy its outline there.

My exam map

Why? Your map shows how much of the test each area is, and how sure you feel about it. That's how you'll pick what to study first.

DIRECTIONS

1. **Copy your guide's outline.** Write each area and its %. Biggest 2 go in tall boxes.
2. **Rate how sure you feel.** 1 not yet, 2 shaky, 3 got it. Next week, use the next box.
3. **List each area's topics.** The smaller items under each heading.

KEY WORDS

Area = a big heading in your guide, with a %
Topic = a smaller item under that heading
Percent = how much of the test it is
Rating = ☹ 1 not yet · 😐 2 shaky · ☺ 3 got it

AREA *a big heading from your guide's outline* **%** **RATING BY WEEK** ☐ ☐ ☐ ☐ ☐ ☐

TOPICS *a smaller item listed under that heading*

AREA **%** **RATING BY WEEK** ☐ ☐ ☐ ☐ ☐ ☐

TOPICS

AREA **%** **RATING BY WEEK** ☐ ☐ ☐ ☐ ☐ ☐

TOPICS

AREA **%** **RATING BY WEEK** ☐ ☐ ☐ ☐ ☐ ☐

TOPICS

Scan to see a filled-in example

AREA | **%** | **RATING BY WEEK**

TOPICS

AREA | **%** | **RATING BY WEEK**

TOPICS

AREA | **%** | **RATING BY WEEK**

TOPICS

AREA | **%** | **RATING BY WEEK**

TOPICS

AREA | **%** | **RATING BY WEEK**

TOPICS

Fewer areas on yours? Leave the extras blank. **More topics than lines?** Use the Extra topics page.

NEXT, BEFORE YOU TURN THE PAGE

1. **Take a practice test.** It shows what you really know.
2. **Compare with your map.** Missed a lot in an area? Lower its rating.
3. **Ask your instructor.** Optional: show your map, ask where to start.

Extra topics

AREA | % | RATING BY WEEK

TOPICS

AREA | % | RATING BY WEEK

TOPICS

AREA | % | RATING BY WEEK

TOPICS

AREA | % | RATING BY WEEK

TOPICS

AREA | % | RATING BY WEEK

TOPICS

Where to start

Why? The grid below shows what to study first and most: big, shaky areas.

My study priorities

You'll come back to this grid until test day.

DIRECTIONS, CONT.

4 **Write each area in its box, in pencil.**

ROWS · LEFT Big = 10% or more of your exam (see your map). Small = under 10%.

COLUMNS · TOP Shaky = rated 1 or 2. Good = rated 3.

Each week, re-rate. If a rating changes, erase the area and write it in its new box.

	SHAKY rated 1 or 2	**GOOD** rated 3
BIG 10% or more		
SMALL under 10%		

Receipts: Spacing: Cepeda et al. 2006; Latimier et al. 2021. Rating how sure you are: Janssen and Lazonder 2024.

MONTH

My study calendar

Start here each month

Why short sessions? About 30 minutes on most days helps you remember more than cramming the same hours into one night.

1 My free times

Shade when you could study

	6-9a	9a-12	12-3p	3-6p	6-9p	9p-12
M						
T						
W						
Th						
F						
Sa						
Su						

Have a study group? Compare free times. Pick meet-up days and mark them on your calendar.

2 Big dates to plan around

Write work, family and school dates first

Date	What's happening

3 On your calendar

Plan your study days

EXAMPLE DAY

Tue 12 ← 1 ✓ 👥 ← 4

Main topic

Levels of decontamination ← 2

SDS

Single-use items 3

1. **Pick study days inside your free times.** Plan one week at a time.
2. **Write one main topic on each study day.** Start with big, shaky areas.
3. **Under it, add 1 or 2 old topics.** You'll quiz yourself on them again. These are your bring-backs.
4. **Mark special days.** ✓ practice test 👥 study group meet-up

Tip: write the main topic in one pen color and bring-backs in another, like the example.

My study calendar

page 1 of 2 · weeks 1 to 3 **Month** _____ **My test date** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 2	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 3	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map

KEY

Main topic new to you that day
Below main topic topics to study again (bring-backs)

study group meet-up
practice test day
Sunday: re-rate your exam map, then move areas on Where to start (S9)

When a bring-back comes back: rated 1 → tomorrow · 2 → in 3 days · 3 → in a week. It moves with your rating, so it's not the same day each week.

Scan to see a filled-in example

My study calendar

page 2 of 2 · weeks 4 to 6 **Month** _____ **My test date** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 5	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 6	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map

KEY

Main topic new to you that day
Below main topic topics to study again (bring-backs)
study group meet-up
practice test day
Sunday: re-rate your exam map, then move areas on Where to start (S9)

When a bring-back comes back: rated 1 → tomorrow · 2 → in 3 days · 3 → in a week. It moves with your rating, so it's not the same day each week.

Scan to see a filled-in example

Date _____ Today's main topic _____

1 Check in (2 min). Energy: ☐ Low ☐ OK ☐ High

Park it. Anything on your mind? Jot it or doodle it here to clear your head.

2 Bring one back (3 min). First study page? Skip this step.

WHAT IT MEANS **A bring-back is not today's main topic.** It's an older topic you revisit so it sticks. Find it on your calendar, below today's main topic. Start with the first one.

DIRECTIONS

1. Find your bring-back on your calendar. Pick one question below to answer.
2. Book closed: answer it from memory on the lines. Write it, sketch it or say it aloud.
3. Check your book and fix anything that was off.

What is it? | Why does it matter for a client? | The steps, in order? | What is it easy to mix up with?

How sure were you?

☐ ☹ 1 not yet	☐ 😐 2 shaky	☐ ☺ 3 got it
↓	↓	↓
Study it again tomorrow	Study it again in 3 days	Study it again in a week

LAST STEP ☐ Write this topic on your calendar, on the day your rating says.

Receipts: Pyc and Rawson 2009, a lab study; Dunlosky et al. 2013. Spacing: Cepeda et al. 2006.

3 **Study your main topic (about 10 min).** Book open.
Read your book, notes or slides on today's main topic. Then close the book and go to step 4.

4 **Close the book (5 min).**

1. Set a 5-minute timer.
2. Write everything you remember about today's main topic.
3. Star (★) what you're sure about.

5 **Open the book (5 min).**

1. Switch to a different color pen.
   Typing? Put + in front of what you add.
2. Add what you missed.
3. Review what you got wrong, and fix it.

Scan to see how step 4 works

6 Go deeper (5 min)

DIRECTIONS

1. Pick one or two questions below about today's topic.
2. Book closed: answer in your own words.
3. Check your book and fix anything that was off.

Study group? Each of you picks one. Then share your answers and check each other's work.

☐ **Why does this work?** Or: why is it done this way?

☐ **How is it different from something like it?** Name the look-alike. Then say what sets them apart.

☐ **How does it link to what I already know?** A class, a service you've done, something from home.

☐ **When would I use it with a client?** Walk through one real moment, step by step.

☐ **What could go wrong if it's skipped or done wrong?** For the client, the service or safety.

☐ **Teach it to a new student.** Explain it in plain words, or sketch it.

Wrap up List your questions, then rate today

7 Questions I still have

My question	Who I'll ask	What I learned

8 How sure am I about today's topic?

Pick one, then plan when to study it again.

- ☐ ☹ 1 not yet → **Study it again tomorrow**
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Wrap up List your questions, then rate today

7 Questions I still have

My question	Who I'll ask	What I learned

8 How sure am I about today's topic?

Pick one, then plan when to study it again.

- ☐ ☹ 1 not yet → **Study it again tomorrow**
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What is it? | Why does it matter for a client? | The steps, in order? | What is it easy to mix up with?

How sure were you?

☐ ☹ 1 not yet	☐ 😐 2 shaky	☐ ☺ 3 got it
↓	↓	↓
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My question	Who I'll ask	What I learned

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6 Go deeper (5 min)

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My question	Who I'll ask	What I learned

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