Plan study sessions

Put focused study time on your calendar before quizzes, exams, and due dates, then work through it with a timer and checklist.

A study session is a block of time on your calendar set aside to prepare for one thing in a course, such as a class, a quiz, or an assignment. CourseCadence can plan next week's sessions for you, or you can add your own. To move, skip, or delete a session, see **Use the calendar**.

Watch the video for this guide at docs.coursecadence.app/plan-study-sessions.

Before you begin

- Add at least one course. See **Add a course from your syllabus**.

Plan next week

1. In the web app, click **Calendar**.
2. Click **Plan next week**. CourseCadence looks for free time to get you ready for what's coming up in the next two weeks: quizzes, exams, due dates, and classes that have a topic listed.

   The **Proposed study sessions** dialog opens. Each session shows its title, course, type, day, time, length, and what it gets you ready for.
3. Check the list. You can't change sessions here; you can move or edit them on the calendar after you add them.
4. Click **Add number sessions** (**Add 1 session** when there's one).

The dialog closes, the calendar opens in **Week** view on the week of the first new session, and a banner shows how many study sessions were added. If nothing needs preparing, the dialog shows **No sessions proposed**. Click **Cancel** to close it.

> **Note:** When you **add a course by hand**, **Schedule study sessions** is on by default. After you save the course, CourseCadence lists the sessions it proposes for the term and asks whether to add them.

Add a study session by hand

1. On the **Calendar**, click **+ Add**. The **Add to calendar** dialog opens with **Study session** selected.
2. Select the **Course**.
3. In **Studying for**, select the course event the session prepares for. If the course has no events yet, **add a course event** first.
4. Pick the start in **When**.
5. Enter the length in **Minutes**.
6. (Optional) To repeat the session each week, select **Repeat weekly**, then pick the last date in **Repeat through**.
7. (Optional) Select a **Focus (optional)**: **Class prep**, **Assignment chunk**, **Quiz prep**, or **Exam prep**.
8. (Optional) In **Prompt / notes (optional)**, enter what you want to cover, such as "Review chapters 3–4".
9. Click **Add**.

The session appears on your calendar. If it overlaps something else, your browser lists the overlaps and some free times. Enter the number of a free time, or enter **K** to keep the overlap.

Do a study session

1. Open the session in one of these ways:
   - Click **Start** on the reminder your browser shows 10 minutes before the session. You get this reminder only if you allow notifications from CourseCadence.
   - Click **Follow-ups**, then click the session under **Overdue**. Sessions you missed in the last week are listed there.

   The session screen opens and the timer starts. The top shows the session's goal and course.
2. Click each step in **Your checklist** as you finish it. The count next to the heading shows how many steps are done.
3. (Optional) Click the pause button next to the timer to pause it. Click it again to carry on.
4. (Optional) Ask a question in the **Ask AI Tutor about topic** panel on the right. The timer keeps running while you ask.
5. Click **End session**.
6. If time is up, the **Quick check** screen asks how sure you feel about the topic. Click **Confident**, **Getting there**, or **Not yet**. To finish without answering, click **Skip**.

7. If you picked an answer, click **Finish session**.

The **Session complete** screen shows which steps you finished. If you end before time is up, the **Ending early** screen shows the minutes you studied instead. Either way, the session is marked done on your calendar. Click **Done** to go back to your dashboard.

To get more time once the timer reaches zero, click the overflow menu (⋯), click **Extend session**, select how many minutes to add, and click **Add number min**.

See also

- Use the calendar
- Manage your profile and reminders
- Your first week with CourseCadence