

how to make your own

STUDY PLAN... *and weekly schedule!*

CHECK OUT MY		NAME:				
WEEKLY SCHEDULE		DATES:				
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.

Stay sane. Do you ever feel stressed about large tests or projects? Instead of scheduling a 6 hour study/work session in one day, break that 6 hour time block into multiple days. Need to study for a test next Friday? Make a list of the topics you will need to review. Then, break that list into manageable “chunks” throughout the week. Remember to leave the final day of studying for a cumulative review (in case you forgot a few things from Day 1!)

Plan. Take what you write in the “brain dump” (an on-going lists of tasks on your to-do list) and schedule each task into your week to make your daily “to-dos” more manageable.

Get creative! Use your computer, planner, sticky notes, color coding, iPad apps, and other organizational tools to create a weekly schedule that you will want to engage with – just do what works best for you!

Reward yourself. It’s easy to ignore your own needs when life gets hectic. Treat time for yourself like an important meeting with a coach or teacher. After completing your studies, treat yourself to a movie, one hour of video game playing, or whatever will help you press the “reset button.” Carve out designated times for studying and recreation. Smartphones and iPads aren’t the only things that need recharging!

Take it one step at a time. Try not to look at all your assignments as a whole. Set aside blocks of time for the assignments that are the most challenging and complete those tasks first.