

WEEKLY STUDY PLAN



Week of: _____

Morning

Afternoon

Evening

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS FOR THIS WEEK

(include due dates and deadlines)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

GOALS FOR NEXT WEEK

(include due dates and deadlines)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

TIPS:

- **Plan your schedule.** Include time to attend live sessions or to watch and view pre-recorded course material. Add time to study and review material. Study in short sessions to maintain focus.
- **Organize and track deadlines.** Make sure you record when things are due. Keep track if dates change. Start projects, assignments and studying for exams early. Never wait until the last minute.
- **Use a dedicated study space.** Enhance your focus and limit distractions. Gather all materials before studying or working. Try to use the same space to help train your brain.
- **Stay in touch.** Learning remotely can feel isolating. Check in with your classmates and instructors often. Establish a routine to attend office hours, study groups or tutoring sessions.
- **Take care of yourself.** Make sure you also add some time for self-care. Go for a walk, stay in touch with friends and family, or watch a video or tv show. Seek help when needed.