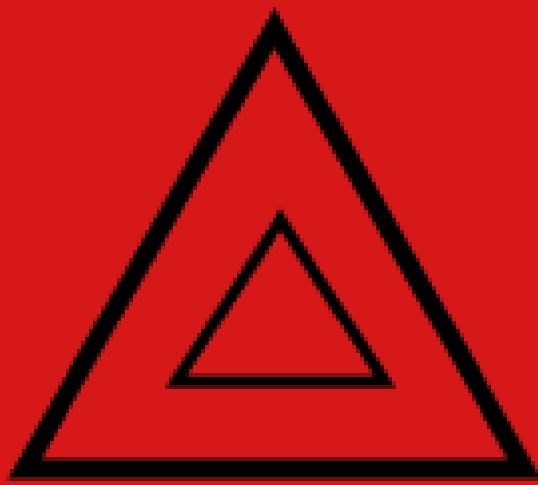


Study Planner



PRELLAX

Intro.

This planner is meant to help you with time management, setting priorities and achieving academic success

How to Use

- Print out the different pages.
- In the goals and priority section, write down your short and long term goals in the the order of importance to you. Plan your weeks and months towards achieving the goals. The goals can be both academic and personal.
- In the academic calender section, input dates like exam dates, assignment and project deadlines and holidays.
- In the weekly and monthly planner, write down your top 3 priorities for the week or month and plan your activities for each day. You can allocate a time slot for the activites if you want.
- Use the to-do-list to plan out daily tasks both academic and personal and check them when completed.
- In the notes section, you can write down how you feel about the week or month; the progress you made and what you feel you can do better.

“Do not beat yourself up if you don’t complete your tasks. Do the best you can and be realistic when planning your activities”

Goals and priorities

Long term goals

itemize your goals here

Goals and priorities

Short term goals

itemize your goals here

Weekly Planner

Month:

Week:

Top Weekly Priorities

1.

2.

3.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Monthly Planner

Month:

Week:

Top Weekly Priorities

1.

2.

3.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WK 1						
WK 2						
WK 3						
WK 4						
WK 5						

To Do List

Monday

-
-
-

Thursday

-
-
-

Tuesday

-
-
-

Friday

-
-
-

Wednesday

-
-
-

Weekend

-
-
-

Notes and Reflection.

Study Tips

- I recommend using the Pomodoro technique for your study. It's a technique where your study sessions are split into intervals with breaks in between. You can use the Pomodoro video on Prellax's YouTube channel to help you with this. Link below.

<https://youtu.be/FHgKCR7tcpq?si=tc7mGrF1-AM51juE>

- After studying a part of your study material, try to recall by writing down everything you have learnt in another book. This helps strengthen your memory and ability to retrieve information.



Education is important but try to find the harmony between school and the moments that make you feel alive

