



# 8-WEEK STUDY PLANNER

WEEK	DATES	EXAMS	PRIORITY ASSIGNMENTS	TASKS	NOTES
1	09/03-15/03	<ul style="list-style-type: none"><li>Cognition and social behaviour</li></ul>	<ul style="list-style-type: none"><li>Literary review on CBT effectiveness</li></ul>	<ul style="list-style-type: none"><li>Study 2h Monday-Thursday morning</li><li>Go to the library on the afternoons</li></ul>	<ul style="list-style-type: none"><li>2 missing literary sources from suggested reading. Ask tutor.</li></ul>
2	16/03-22/03		<ul style="list-style-type: none"><li>Critical analysis of a classic psychological experiment</li></ul>	<ul style="list-style-type: none"><li>Look for different interpretations and perspectives for the Milgram experiment.</li><li>Make flashcards for Neuro and personality theories</li></ul>	<ul style="list-style-type: none"><li>Schedule specific flashback study times so I won't forget</li></ul>
3	23/03-29/03	<ul style="list-style-type: none"><li>Neurobiological foundations of mental processes</li></ul>		<ul style="list-style-type: none"><li>Review flashcards</li></ul>	<ul style="list-style-type: none"><li>Return the Cognition and Behaviour textbook</li></ul>
4	30/03-05/04	<ul style="list-style-type: none"><li>Personality theories</li></ul>	<ul style="list-style-type: none"><li>Report on the neurological basis of memory</li></ul>	<ul style="list-style-type: none"><li>Review grammar and sources on the report</li></ul>	<ul style="list-style-type: none"><li>Ask for supplementary notes to peers, to make sure I am not missing something</li></ul>
5	06/04-12/04			<ul style="list-style-type: none"><li>Book office hours to clear out any doubts on next week assignment</li></ul>	<ul style="list-style-type: none"><li>Look for the resources recommended by professor</li></ul>
6	13/04-19/04	<ul style="list-style-type: none"><li>Assessment and intervention strategies</li></ul>	<ul style="list-style-type: none"><li>Paper on the effects of trauma on brain development</li></ul>	<ul style="list-style-type: none"><li>Study 2h Monday-Thursday morning</li><li>Go to the library on the afternoons</li></ul>	<ul style="list-style-type: none"><li>Be more effective with the pomodoro time blocking</li></ul>
7	20/04-26/04	<ul style="list-style-type: none"><li>Perception and cognition</li><li>Applied behavioural analysis</li></ul>		<ul style="list-style-type: none"><li>Prepare for the study session with study group</li></ul>	
8	27/04-03/05		<ul style="list-style-type: none"><li>Follow up on last exam feedback</li></ul>	<ul style="list-style-type: none"><li>Enjoy free time!!</li></ul>	<ul style="list-style-type: none"><li>Write down reflections to pick up any important things after the break!</li></ul>



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# HOW TO MAKE THE MOST OF THIS STUDY PLANNER

## Tips to fill out the planner

1. Gather info: List all your courses, upcoming exams, and assignment due dates from syllabi or class schedules.
2. Set priorities: Mark high-priority tasks (e.g., finals, big projects) and spread out study time across the weeks.
3. Break it down: For big tasks, estimate hours needed and divide them into specific tasks and daily chunks (e.g., 10-hour project = 2 hours/day for 5 days).
4. Build in breaks: Reserve at least 1–2 hours daily for rest or fun, and 1 full day per week for recharge (e.g., Saturday).
5. Adjust weekly: At the end of each week, review progress, add some reflections, and tweak the next week's plan.

## Extra suggestions:

- Employ digital tools or apps for managing time and sticking to your plan.
- Explore various study methods for effectiveness.
- Can't print or edit the planner? Try to recreate in paper, Canva or a google sheet. The main thing is to put your priorities down and track their progress :)

For more resources and tips on how to improve your study skills and achieve academic success, join our online community!



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