

THE ULTIMATE STUDY PLANNER

2023 - 2024

Find Your Inspiration in Education



by EduKitchen & the ETI Academy

Mental Health Checklist

- ☐ ENTHUSIASM
- ☐ CONFIDENCE
- ☐ PATIENCE
- ☐ PROBLEM SOLVING
- ☐ COMMUNICATION
- ☐ ORGANIZATION
- ☐ TIME MANAGEMENT
- ☐ CONSISTENCY
- ☐ GOALS
- ☐ POSITIVE OUTLOOK

Study Tips: A Recipe for Success



In keeping yourself motivated to finish your homework and assignments, we recommend you plan your subject study schedule with the following tips in mind.

Tip #1: Establish a Routine

Start with the subject you find easiest to understand and then move down the list of subjects you enjoy until you have reached your least favorite. This is usually the subject you find will require more of your time and patience.



Tip #2: Take Mini-breaks

Once you finish with a subject, take a mini-break. This helps build back your energy to tackle more subjects. The best mini break activities re-energize the brain and body. Get up and move around a little, go to the kitchen for a healthy snack, talk to a friend, or dance to your favorite song.



Tip #3: Know When To Stop Studying

Set a cut-off time to close the books and go to sleep. If you find you that you have too much to do, leave it until early the next morning.



A Recipe for Learning



IF WE BUILD OUR ENTHUSIASM FOR KNOWLEDGE USING OUR LIFE SKILLS THROUGH PATIENCE, WE GAIN THE NECESSARY CONFIDENCE TO DO WELL IN OUR STUDIES.

Directions

- (1) Begin with enthusiasm – it is in all of us, we just have to recognize its potential. We also need to recognize and believe that we can do it, and nobody can tell us otherwise!
- (2) Add confidence – believe that nothing can stand in your way, and that you can, and you will learn the subject!
- (3) Sprinkle with organization –where is your happy place for studying – use social media with caution!
- (4) Include some time management – are you an early bird or night owl – what time are you most productive!
- (5) Fold in your problem solving skills – recognize what you know, what you need to find, and how you solve that need!
- (6) Season well with communication – allow yourself to ask questions when you don't understand or are able to share what you know with others! Positive words only!
- (7) Blend the previous ingredients with patience – “Rome wasn't built in a day” is the quote that tells us that patience in allowing for mistakes as you learn will help you grow in learning and understanding.

WEEKLY PLANNER

Weekly priorities

- _____
- _____
- _____
- _____
- _____

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Assignments

Reminders