



STUDY ORGANIZER

Plan smart. Stay consistent. Achieve your goals.

Discipline today,
success tomorrow.

1. MY GOALS

I want to:

- ★ _____
- ★ _____
- ★ _____

Small progress is still progress.

2. THIS WEEK'S PRIORITIES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

ASSIGNMENTS / EXAMS

Task / Subject	Due Date	Priority (H/M/L)
☐		
☐		
☐		
☐		
☐		
☐		
☐		

I CAN ASK

People who can help me:

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

Don't hesitate to ask for help!



5. WEEKLY STUDY PLAN

Week of: _____

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Before Class / 8:00 - 9:00 AM							
Between Classes							
Afternoon / 1:00 - 5:00 PM							
Evening / 6:00 - 9:00 PM							
Night / 9:00 - 11:00 PM							
Other / _____							

6. SUBJECTS

- _____
- _____
- _____
- _____
- _____
- _____

Focus on understanding, not just studying.

7. STUDY STRATEGIES

- ☐ Active Recall
- ☐ Spaced Repetition
- ☐ Summarize Notes
- ☐ Practice Questions
- ☐ Teach Someone
- ☐ Past Papers / Review
- ☐ Flashcards
- ☐ Other: _____

STUDY SESSION PLANNER

Subject / Topic: _____

Goal for this session: _____

Start Time: _____

End Time: _____

Plan:

- _____
- _____
- _____

POMODORO TRACKER

Session	Focus (25 min)	Break (5 min)
1	☐	☐
2	☐	☐
3	☐	☐
4	☐	☐
5	☐	☐
6	☐	☐

⚡ DISTRACTION CHECK

Things that distract me:

- _____
- _____
- _____

How I will stay focused:

- _____
- _____
- _____

Less distraction, more direction.



PROGRESS TRACKER

Rate your progress this week:

Understanding	①	②	③	④	⑤
Effort	①	②	③	④	⑤
Time Management	①	②	③	④	⑤
Consistency	①	②	③	④	⑤
Focus	①	②	③	④	⑤
Overall					
1 = Needs Work 3 = Average 5 = Excellent					

NOTES

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WEEKLY REVIEW

What went well this week? _____

What can I improve? _____

What will I do next week? _____

Reflect. Adjust. Improve. Repeat.



REMEMBER!



Plan ahead.



Set goals and prioritize.



Use your time wisely.



Stay consistent and patient.



Believe in yourself and keep going!