



STUDY ORGANIZER

PLAN SMART. WORK CONSISTENTLY. ACHIEVE YOUR GOALS.

Focus
Discipline
Consistency
Success

1. MY GOALS

I want to:

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

A goal without a plan
is just a wish.

THIS WEEK'S PRIORITIES

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

ASSIGNMENTS / EXAMS

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

I CAN ASK

People / Resources I can ask for help:

- _____
- _____
- _____
- _____
- _____

Asking for help
is a smart strategy.



5. WEEKLY STUDY SCHEDULE

Week of: _____

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Before Class 7:00 - 9:00 AM							
Morning 9:00 AM - 12:00 PM							
Afternoon 12:00 - 4:00 PM							
Evening 4:00 - 8:00 PM							
Night 8:00 PM - 11:00 PM							
Other / Flexible Time							

6. COURSES / SUBJECTS

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

Keep track of your courses
and stay organized.



7. STUDY STRATEGIES

- ☐ Active Learning
- ☐ Summarize Notes
- ☐ Practice Questions
- ☐ Past Papers
- ☐ Teach Someone
- ☐ Flashcards
- ☐ Mind Maps
- ☐ Review Regularly
- ☐ Other: _____

STUDY SESSION PLANNER

Subject / Topic: _____

Goal for this session: _____

Start Time: _____

End Time: _____

Plan for this session:

- _____
- _____
- _____

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:

- _____
- _____
- _____

Eliminate distractions.
Protect your focus.



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
Productivity	1	2	3	4	5
Overall	1	2	3	4	5

1 = Needs Work 3 = Average 5 = Excellent

NOTES

WEEKLY REVIEW

What went well this week? _____

What can I improve? _____

What will I do next week? _____

Review. Reflect. Adjust. Improve.



REMEMBER:



Plan
ahead.



Stay consistent
and patient.



Use your time
wisely.



Progress, not
perfection.



Take care of
yourself.