

# Weekly Study Plan

For University Students

Student Name: \_\_\_\_\_ Week of: \_\_\_\_\_ Semester: \_\_\_\_\_

## Weekly Academic Goals

Goal 1	Goal 2	Goal 3
Write one clear goal.	Plan the main task.	Track your progress.

## Weekly Schedule

Plan study sessions, classes, assignments, and review time.

Day	Time	Course	Study Task	Priority	Done
Monday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Tuesday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Wednesday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Thursday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Friday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Saturday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]
Sunday	_____	_____	_____	High / Medium / Low	[ ]
	_____	_____	_____		[ ]

# Assignment and Exam Planner

Plan deadlines, exam preparation, resources, and weekly reflection.

## Assignments and Deadlines

Course	Assignment / Task	Due Date	Status
_____	_____	_____	Not started / In progress / Done
_____	_____	_____	Not started / In progress / Done
_____	_____	_____	Not started / In progress / Done
_____	_____	_____	Not started / In progress / Done
_____	_____	_____	Not started / In progress / Done
_____	_____	_____	Not started / In progress / Done

## Exam Preparation Plan

Exam / Quiz	Date	Topics to Review	Preparation Plan
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## Resource Checklist and Weekly Reflection

Resource Checklist
<input type="checkbox"/> Lecture notes reviewed
<input type="checkbox"/> Reading materials completed
<input type="checkbox"/> Assignments checked
<input type="checkbox"/> Questions prepared for instructor
<input type="checkbox"/> Group study session planned
<input type="checkbox"/> Academic sources saved

Weekly Reflection
<b>What went well this week?</b> _____
<b>What should I improve next week?</b> _____
<b>Main priority for next week:</b> _____

Tip: Review this plan every Sunday and update your goals for the next week.