

SEMESTER PLANNER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes:

[illegible]

Students Who are Successful in Their Studies Have Solid and Consistent Work and Study Habits

The Successful Student Has:

- A regular study schedule
- Usually works at the same time each day
- Works mostly in a regular study place
- Works for short periods with frequent rest breaks
- Reviews notes soon after a study session or class
- Does not leave work until the last minute
- Does not get easily distracted
- Does not use the deadline of an exam for motivation.
- “If the only tool you have is a hammer, you tend to treat everything as if it were a nail (Maslow).”

Adapted from: Walter Paul: How to Study in College 4th ed., 1989