Study & Time Management Worksheet

Weekly Planning Grid:

- Use columns for each day of the week.

- Block out time for classes, work, study, meals, and rest.

Prioritization Tips:

- Identify your top 3 tasks daily.

- Use a timer (Pomodoro method) for focused sessions.

- Say no to unnecessary obligations.

Reflection:

- What worked this week?

- What should I change for next week?