

GUIDE: EXAM STUDY PLANNER

This is a guide that is supplementary to the post **How to Make a Study Schedule for Your Exam**. The article is a step-by-step guide on creating the perfect schedule so that you can study effectively for exams and reduce stress. **Click here to read the tutorial!**

EXAM STUDY PLANNER

EXAM STUDY PLANNER															
MY GOALS				Study effectively				Get a higher GPA				Manage my stress level			
MY PLAN															
MONDAY	5	TUESDAY	10	WEDNESDAY	8	THURSDAY	3	FRIDAY	6	SATURDAY	12	SUNDAY	12		
3		4 Internship	5	5 Essay Deadline	6			7 Dinner date	3	8 Project Deadline	9				
		Project first draft	2	Essay final check	2			Project	3			Group Present	6		
		Psych ch.9	3	Psych ch.10	4	Sociology ch.2	3			Sociology ch.4	3	Sociology ch.5	5		
				Psych ch.12	4					Psych ch.13	5	Sociology ch.6	3		
										Psych ch.14	4		4		

1. Write down your goals for this study plan

2. How many pomodoros would you like to complete each weekday?

3. Write the date in the left hand corner of the first row

4. Write down all the deadlines and date of exams you have

5. Mark down any events/activities that are not in your usually weekly routine, and calculate the no. of pomodoros that you have to take out of your study time because of the activity (1 hour = 2 pomodoros).

8. The total number of pomodoros (activities + assignment + study tasks) should match the goal of the day.

e.g. $5+2+3 = 10$

7. Plan your study task in the third row, and write the assigned no. of pomodoros

6. Schedule the tasks for your assignments in the second row, and write down the no. of pomodoros assigned to the task

HOURS TO POMODOROS

ONE CYCLE = 2 HOUR AND 10 MINUTES (140 MINS)

25-MINUTE

5 MIN

25-MINUTE

5 MIN

25-MINUTE

5 MIN

25-MINUTE

25-MINUTE LONG BREAK

1 HOUR (60 MINS) = 2 POMODOROS

2 HOURS (120 MINS) = 4 POMODOROS

3 HOURS (180 MINS) = 5 POMODOROS

4 HOURS (240 MINS) = 7 POMODOROS

5 HOURS (300 MINS) = 8 POMODOROS

6 HOURS (360 MINS) = 10 POMODOROS

7 HOURS (420 MINS) = 12 POMODOROS

8 HOURS (480 MINS) = 14 POMODOROS

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MY GOALS

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MY PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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EXAM TOPIC LIST

FIRST EXAM	SECOND EXAM	THIRD EXAM	FORTH EXAM	FIFTH EXAM
COURSE	COURSE	COURSE	COURSE	COURSE
EXAM DATE & TIME	EXAM DATE & TIME	EXAM DATE & TIME	EXAM DATE & TIME	EXAM DATE & TIME
TOPICS	TOPICS	TOPICS	TOPICS	TOPICS

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