

PLAN FOR EXAMS AND ASSESS YOUR TIME

Month:	Month:
1	1
2	2
3	3
4	4
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31	31

“VIZUALISE THE BIG PICTURE”: The first three steps will help you gain a simple overview of the time you have for preparing for the exams this semester. Give it a go, and you will have a good understanding of the time you have left to study for exams:

- A) How many exams do you have this semester?
Plot in your exam dates.
- B) Plot in any other activities you have already scheduled (holidays, planned activities etc.)
- C) Highlight the remaining days you have for studying for the exams.
How many full days and half days do you have for preparing to your exams?
Approximately how many hours do you have?

ADJUST YOUR EXPECTATIONS: The final four steps will help you assess your plan and tune in on your own expectations:

- D) How much of your curriculum must you read up on?
How much would it be nice to read up on?
- E) What is your expectation?
Do you have fair expectations to yourself?
- F) Do you have a realistic plan?
Would you ask a good friend to study according to your plan?
- G) Should you make any modifications to your plan? Or to your expectations?