



## Weekly Preparation & Planner

My Highest Priority items this week includes:

(name of priority, estimated length of time, and course if applicable)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

My "To-Do" items this week includes:

_____	_____	_____
_____	_____	_____
_____	_____	_____

My self-care plans this week includes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My success network this week will includes (ex. Classmates, study group, tutor, academic advisor, etc.):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Academic Success Centre

Complete your weekly planner with the following items; use the course color codes where applicable

- Class Attendance
- Personal Commitment
- Work
- Sleep
- Meals
- Study (group)
- Study (solo)
- Schoolwork
- Labs, projects
- Physical Activity
- Socialization
- Commuting
- Chores
- Flex Time
- Club/Society

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 8							
8 – 9							
9 – 10							
10 – 11							
11 – 12							
12 – 1							
1 – 2							
2 – 3							
3 – 4							
4 – 5							
5 – 6							
6 – 7							
7 – 8							
8 – 9							
9 – 10							
10 – 11							