

Step 3: Designing Your Plan- You will create a sample monthly calendar. You will create a calendar to organize your month. Some events will be repeating like school or work. We all have variations to our schedules but try to create a consistent schedule. You must account for activities, work, homework, family obligations, social obligations, and bedtime. If you're in the band or sports, note all games and competitions on your calendar. Please see the sample below. Weekends also must be included.

****We will have additional time to create this when school returns****

Sample for the week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am -3 pm School	7:30 am -3 pm School	7 am – 7:20 Key Club Meetings	7:30 am -3 pm School	7:30 am -3 pm School	10 am – 3 pm Work	1-4 pm Work
4-7Dinner with Dad	7-8:30 pm Babysitting little sister	7:30 am -3 pm School	5-6:30 pm Dinner with Dad	7- 10 pm Activities with Friends		5-7 pm Family Time
		4-8pm Work	7-8:30 pm Volunteer			8-9 pm Youth Group meeting

**Speaking of
PSYCHOLOGY**



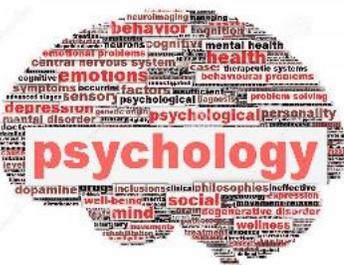
Speaking of Psychology is an audio podcast series highlighting some of the latest, most important, and relevant psychological research being conducted today. It is produced by the American Psychological Association.

Please listen to the podcast: Speaking of Psychology: COVID-19, insomnia, and the importance of sleep, with Jennifer Martin, PhD <https://youtu.be/zanUc-09GD0>

*****Be prepared to discuss and/or write your thought and feelings*****

*****Please have all assignments handwritten, legible, and prepared when school starts. *****

***** Pre-Assessment for Preparing Your Study Plan for Part III listed below*****



Pre-Assessment for Preparing Your Study Plan

As you are preparing your Study Plan, take this pre-assessment. Answer truthfully. Consider all levels of classes you've taken and consider classes you've struggled with in particular. Everyone has room for improvement in their study strategies.

	Y	N
1. I spend more time than necessary studying for what I'm learning.		
2. It's common for me to spend hours cramming the night before an exam.		
3. If I dedicate as much time as I want to my social life, I don't have enough time left to focus on my studies, or when I study as much as I need to, I don't have time for my social life.		
4. I often study with the TV or radio turned on.		
5. I struggle to study for long periods of time without becoming distracted or tired.		
6. I usually doodle, daydream, or fall asleep when I go to class.		
7. Often the notes I take during class notes are difficult for me to understand later when I try and review them.		
8. I often end up getting the wrong material into my class notes.		
9. I don't usually review my class notes from time to time throughout the semester in preparation for exams.		
10. When I get to the end of a chapter in a textbook, I struggle to remember what I've just got done reading.		
11. I struggle to identify what is important in the text.		
12. I frequently can't keep up with my reading assignments, and consequently have to cram the night before a test.		
13. For some reason I miss a lot of points on essay tests even when I feel well prepared and know the material well.		
14. I study a lot for each test, but when I get to the test my mind draws a blank.		
15. I often study in a sort of disorganized, haphazard way only motivated by the threat of the next test.		
16. I frequently end up getting lost in the details of reading and have trouble identifying the main ideas and key concepts.		
17. I don't usually change my reading speed in response to the difficulty level of what I'm reading, or my familiarity with the content.		
18. I often wish that I was able read faster.		
19. When my teachers assign me papers and projects I often feel so overwhelmed that I really struggle to get started.		
20. More often than not I write my papers the night before they are due.		
21. I really struggle to organize my thoughts into a logical paper that makes sense.		

If you answered "yes" to two or more questions in any category listed below, we recommend finding self-help study guides for those categories. If you have one "yes" or less in one of the categories, you are probably proficient enough in that area that you don't require additional study help. However, no matter how you score it's always advisable to review all study guides to help you improve your study skills and academic performance.

Time Scheduling - 1, 2, and 3

Exams- 13, 14, and 15

Concentration - 4, 5, and 6

Reading- 16, 17, and 18

Listening & Note taking - 7, 8, and 9

Writing Skills- 19, 20, and 21

Reading in the Text - 10, 11, and 12