Weekly study planner

Illustrative example. The student, courses, dates and scores are fictional. One Pomodoro = 25 min focus + 5 min break.

Name: Ana Reyes (fictional) | Week: Monday 9 November to Sunday 15 November 2026

SMART GOALS (Specific, Measurable, Achievable, Relevant, Time-bound)

GOAL	CATEGORY	START	END	STATUS / %	NOTES
Score 75% or higher on the Calculus II final	Academics	2026-11-09	2026-12-14	In Progress / 30%	Two problem-set blocks and one self-test a week
Submit a 2,000-word Academic Writing research essay	Research	2026-11-02	2026-11-27	In Progress / 40%	Outline done; draft sections 1 and 2 this week
Pass every test in Data Structures lab 5	Academics	2026-11-09	2026-11-13	Not Started / 0%	One 2-hour lab block on Wednesday

WEEKLY TIME-BLOCK SCHEDULE

DAY	TIME	SUBJECT	TASK	HOURS	POMODOROS
Mon 9 Nov	09:00-10:30	Calculus II	Problem set 7, questions 1-6	1.5	3
Mon 9 Nov	14:00-15:00	Data Structures	Rewrite lecture notes on hash tables	1.0	2
Mon 9 Nov	19:00-20:00	Microeconomics	Read chapter 6 and write 5 questions	1.0	2
Tue 10 Nov	10:00-11:30	Academic Writing	Finish essay outline and source list	1.5	3
Tue 10 Nov	16:00-17:00	Calculus II	Self-test: 10 integration questions, closed book	1.0	2
Wed 11 Nov	09:00-11:00	Data Structures	Lab 5: build and test the hash map	2.0	4
Wed 11 Nov	15:00-16:00	Microeconomics	Self-test: answer Monday's 5 questions	1.0	2
Thu 12 Nov	10:00-11:00	Calculus II	Problem set 7, questions 7-12	1.0	2
Thu 12 Nov	14:00-15:30	Academic Writing	Draft essay section 1 (about 600 words)	1.5	3
Fri 13 Nov	09:00-10:00	Data Structures	Self-test: trace 5 hash table operations	1.0	2
Fri 13 Nov	11:00-12:00	Microeconomics	Read chapter 7, start problem set 4	1.0	2
Sat 14 Nov	10:00-12:00	Academic Writing	Draft essay section 2 (about 700 words)	2.0	4
Sun 15 Nov	17:00-17:30	Weekly review	Update goals, hours and mastery ratings	0.5	1
Sun 15 Nov	17:30-18:30	Calculus II	Mixed review of week 8-10 topics	1.0	2
TOTAL				**17.0**	**34**

Priorities, progress and exam countdown

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PRIORITY LIST

High: Submit Data Structures lab 5 (due Fri 13 Nov); Hand in Calculus II problem set 7 (due Fri 13 Nov)

Medium: Draft essay sections 1 and 2; Start Microeconomics problem set 4 (due Tue 17 Nov)

Low: Sort lecture notes into one folder per course

HOURS BY SUBJECT

SUBJECT	BLOCKS	HOURS	SELF-TEST HOURS
Calculus II	4	4.5	1.0
Data Structures	3	4.0	1.0
Microeconomics	3	3.0	1.0
Academic Writing	3	5.0	0.0
Weekly review	1	0.5	0.0
TOTAL	**14**	**17.0**	**3.0**

SELF-TEST LOG

TEST	DATE	SCORE	ANALYSIS	ACTION
Calculus II integration self-test	2026-11-10	7/10 (70%)	Missed both integration-by-parts questions	Redo 4 by-parts questions on Sunday
Microeconomics chapter 6 questions	2026-11-11	4/5 (80%)	Mixed up price and income elasticity	Write one example of each
Data Structures hash table trace	2026-11-13	3/5 (60%)	Lost track of probing after a collision	Trace 3 more collisions before lab 6

SUBJECT MASTERY (SELF-RATED 1-5)

SUBJECT	CURRENT	TARGET	AREA TO IMPROVE
Calculus II	3	4	Integration by parts
Data Structures	3	5	Collision handling
Microeconomics	2	4	Elasticity
Academic Writing	3	4	Linking evidence to claims

4-WEEK EXAM COUNTDOWN (first exam: Calculus II final, 2026-12-14)

WEEK	DATES	DAYS LEFT	FOCUS	HOURS	CHECKS
1	16-22 Nov	28-22	List every exam topic and rate it strong, shaky or new	16	One short self-test per exam subject
2	23-29 Nov	21-15	Shaky and new topics first; submit the essay on 27 Nov	18	One self-test per subject on last week's topics
3	30 Nov-6 Dec	14-8	Mixed questions across topics; one timed past paper per exam	20	Three timed past papers, errors logged
4	7-13 Dec	7-1	Second timed paper, fix logged errors, light review on the last two days	14	Three timed past papers, then rest
TOTAL				**68**	