

# Weekly Study Planner

## Scaffold Strategic Learning

### Learn Smarter, Not Just Longer

Effective studying is about using the right strategies—not simply spending more time reviewing notes. Use this planner to organize your studying for the week and build habits that improve long-term learning.

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### Step 1. Set Your Goal

Course: \_\_\_\_\_

Topic or Unit: \_\_\_\_\_

Exam Date: \_\_\_\_\_

My goal for this week is:

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| Day       | What will I study? | How long? | Completed ✓ |
|-----------|--------------------|-----------|-------------|
| Monday    |                    |           |             |
| Tuesday   |                    |           |             |
| Wednesday |                    |           |             |
| Thursday  |                    |           |             |
| Friday    |                    |           |             |
| Saturday  |                    |           |             |
| Sunday    |                    |           |             |

## Step 3. Choose Your Study Strategies

Check the strategies you plan to use this week.

- ☐ Retrieval practice (practice questions)
  - ☐ Concept mapping
  - ☐ Teach the material to someone else
  - ☐ Create medication flashcards
  - ☐ Rewrite difficult concepts in your own words
  - ☐ Practice dosage calculations
  - ☐ Watch a supplemental video
  - ☐ Review notes within 24 hours of class
  - ☐ Other: \_\_\_\_\_
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## Step 4. Track Your Progress

How confident do you feel about this content?

- ☐ Not confident
  - ☐ Somewhat confident
  - ☐ Mostly confident
  - ☐ Very confident
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Which concepts still need more work?

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## Step 5. Weekly Reflection

What study strategy helped you learn the most?

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What distracted you from studying?

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What will you do differently next week?

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## Study Tips

- ✓ Study several short sessions instead of one long session.
- ✓ Practice retrieving information without looking at your notes.
- ✓ Explain concepts in your own words.
- ✓ Focus on understanding—not memorization alone.
- ✓ Review material multiple times over several days.

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### ASCEND Framework

*Evidence-informed instructional resources designed to support meaningful learning and practical implementation.*

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