

# SMART STUDY SCHEDULES

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“STUDY SMARTER, NOT HARDER.”



# WHY STUDY SCHEDULING MATTERS



**STRESS**



**BURNOUT**

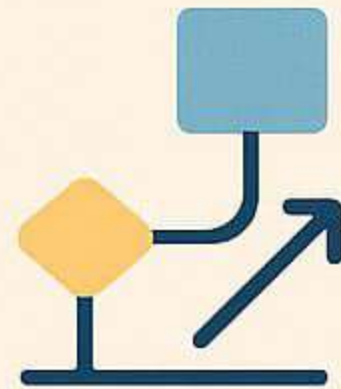


**POOR  
PERFORMANCE**

**VS**



**CLARITY**



**PROGRESS**

**FROM  
SMART  
PLANNING**

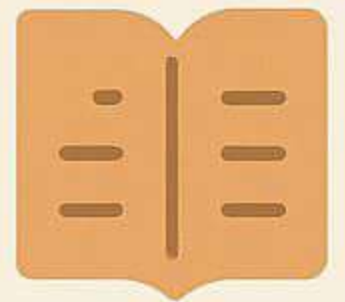
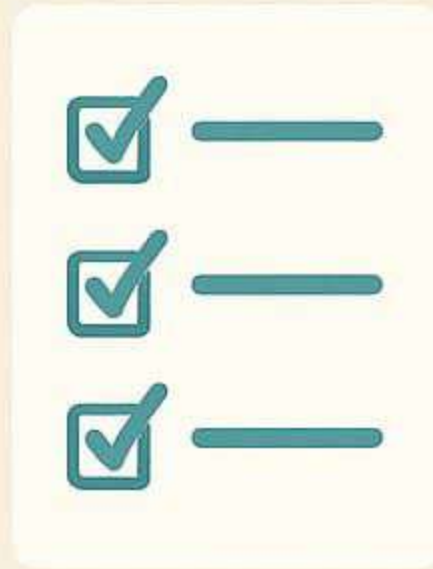
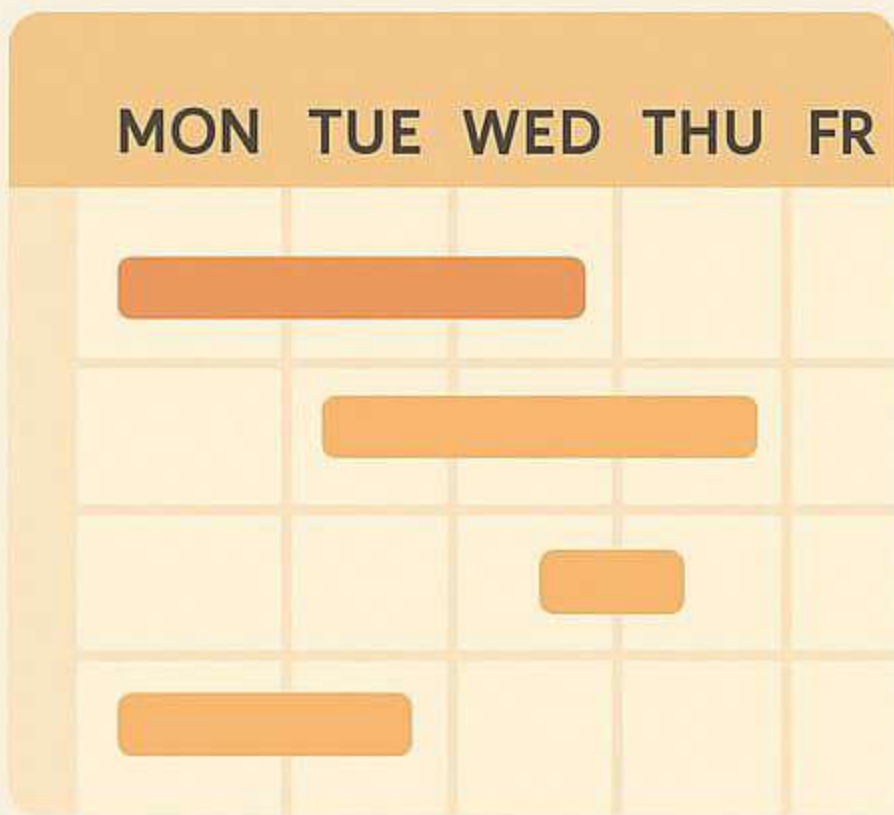


# STEP 1: SET YOUR GOAL CLEARLY



## STEP 2

# BREAK DOWN THE SYLLABUS

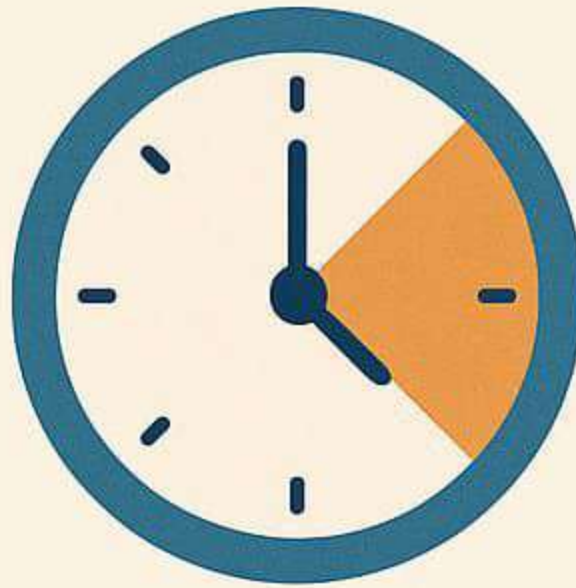




# **STEP 3: CHOOSE A SCHEDULING STYLE**



**POMODORO**










**90/20 RULE**



**TIME  
BLOCKING**

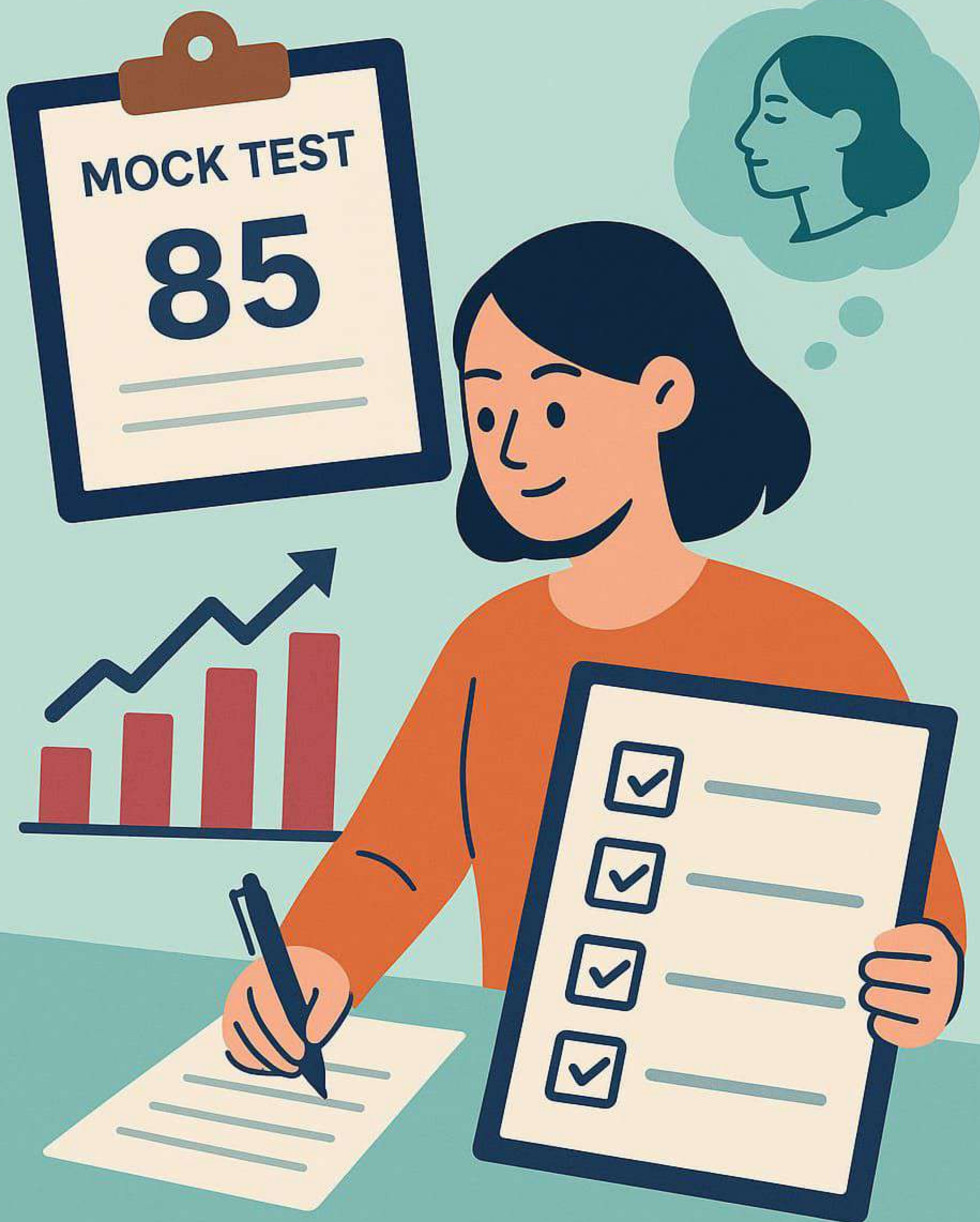
# Step 4

## Design Your Daily Routine

7 AM		
8 AM		
12 PM		
1 PM		
4 PM		
5 PM		
10 PM		



# Step 5: Add Weekly Review & Self-Check





STEP 6:

# BALANCE WITH BREAKS, SLEEP & EXERCISE





# Step 7:

## Use Digital Tools





# Step 8: Reflect and Adjust





# Sample Weekly Schedule

AM	Mon	Tue	Wed	Thu	Fri	Sat
8 AM	Study		Study		Study	Rest
9 AM	Study		Study			
12 PM	Study		Study		Test	Rest
1 PM	Rest		Study			
2 PM	Rest		Study		Test	Rest
3 PM	Rest		Study		Test	
4 PM	Rest		Rest		Rest	Rest
5 PM	Rest		Rest		Rest	Rest



# TOOLS & APPS TO STAY CONSISTENT



Notion



Google  
Calendar



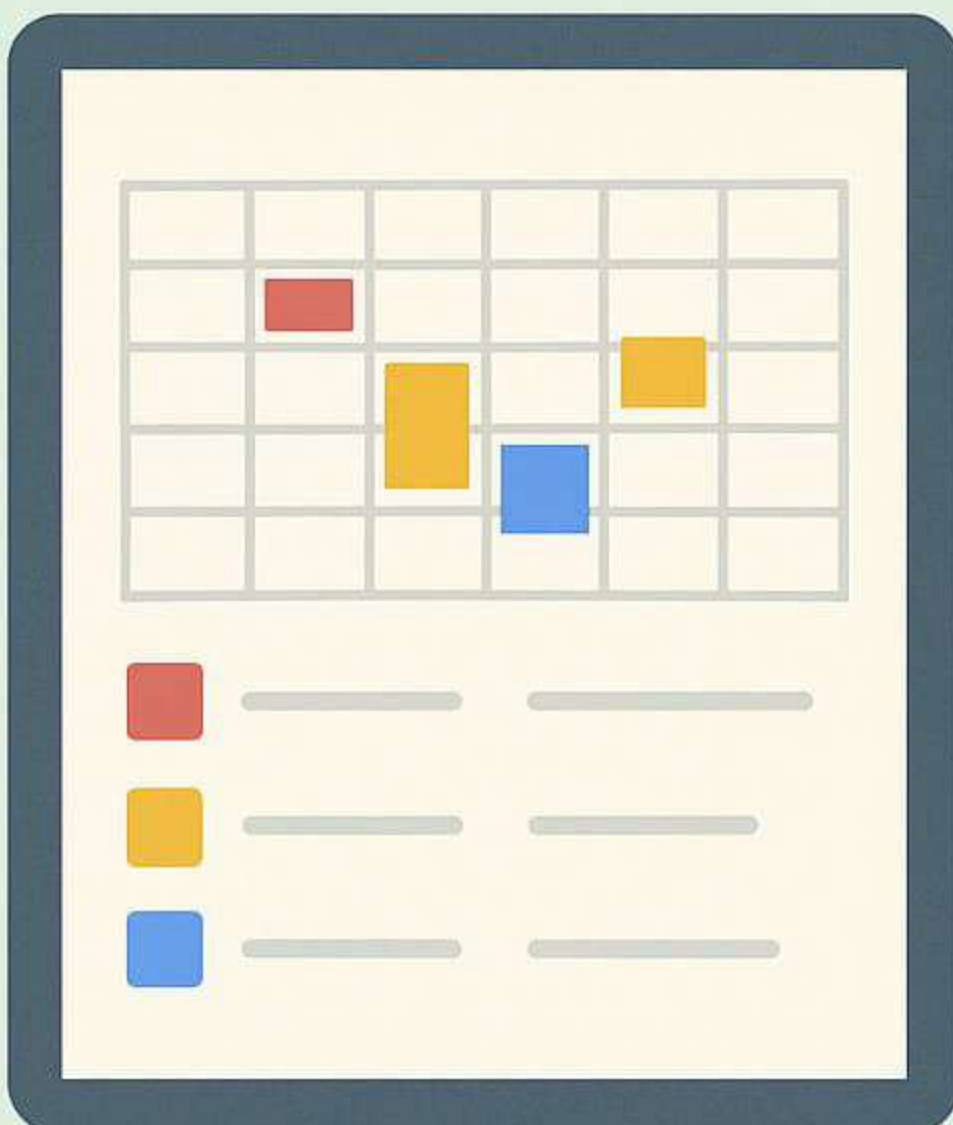
Forest



Forest



Habit Tracker



Times



# Sneha's Success with Smart Study Scheduling

“Using a planner helped me manage  
my time and stay focused.”





# Key Takeaways



Set clear, specific goals



Use a planner to organize your study time



Review and adjust your plan regularly

