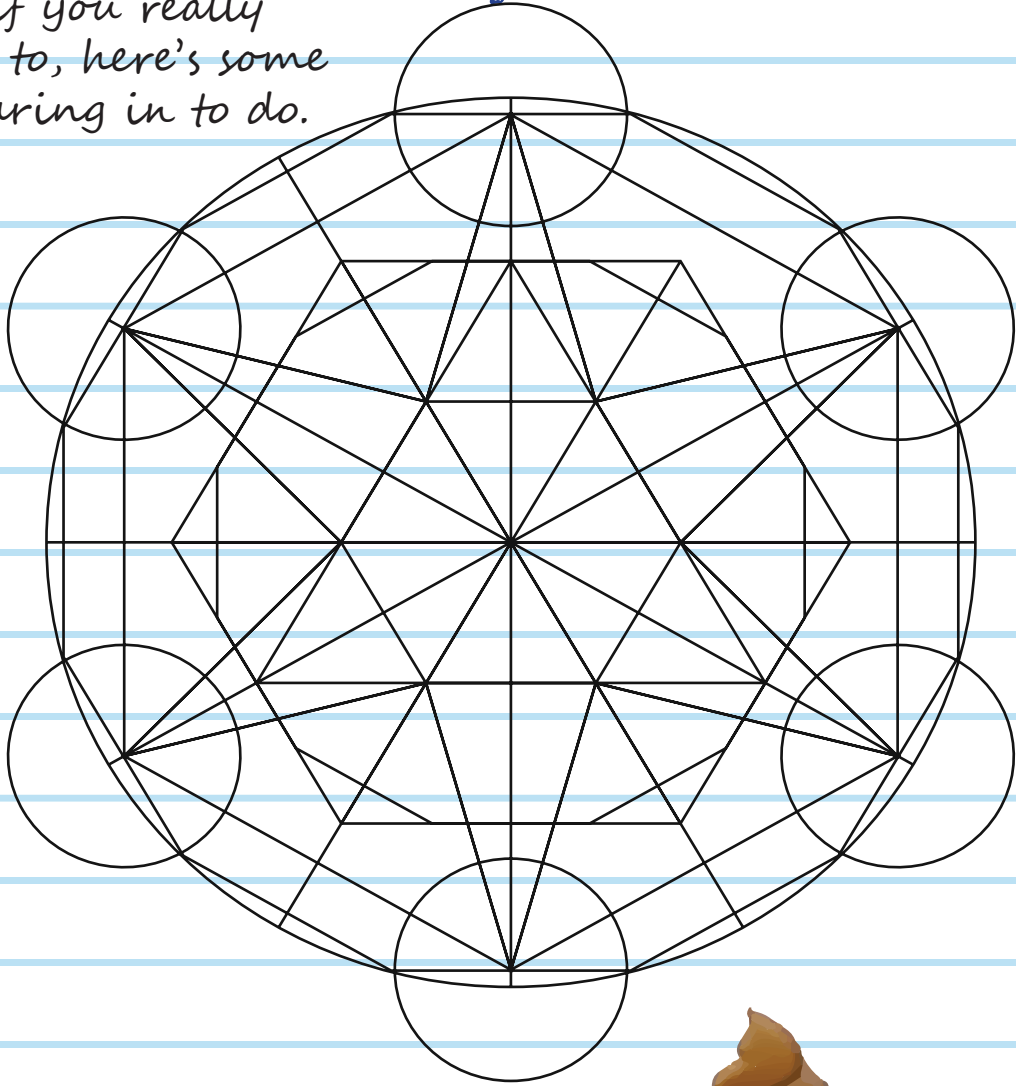


PROCRASTINATION CAN WAIT* Study Planner

* but if you really need to, here's some colouring in to do.



The USI guide to getting your



together.



Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

EDUCATION IS...
SUCCESS



Get your

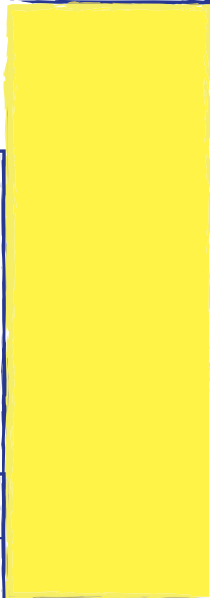


on... #DontPanic

Study Plan

Time

Monday



Exam Timetable

Checklist

Exam	Location	Date / Time	Past Papers	Notes

Keep you

Notes

Large empty rectangular box for writing notes.

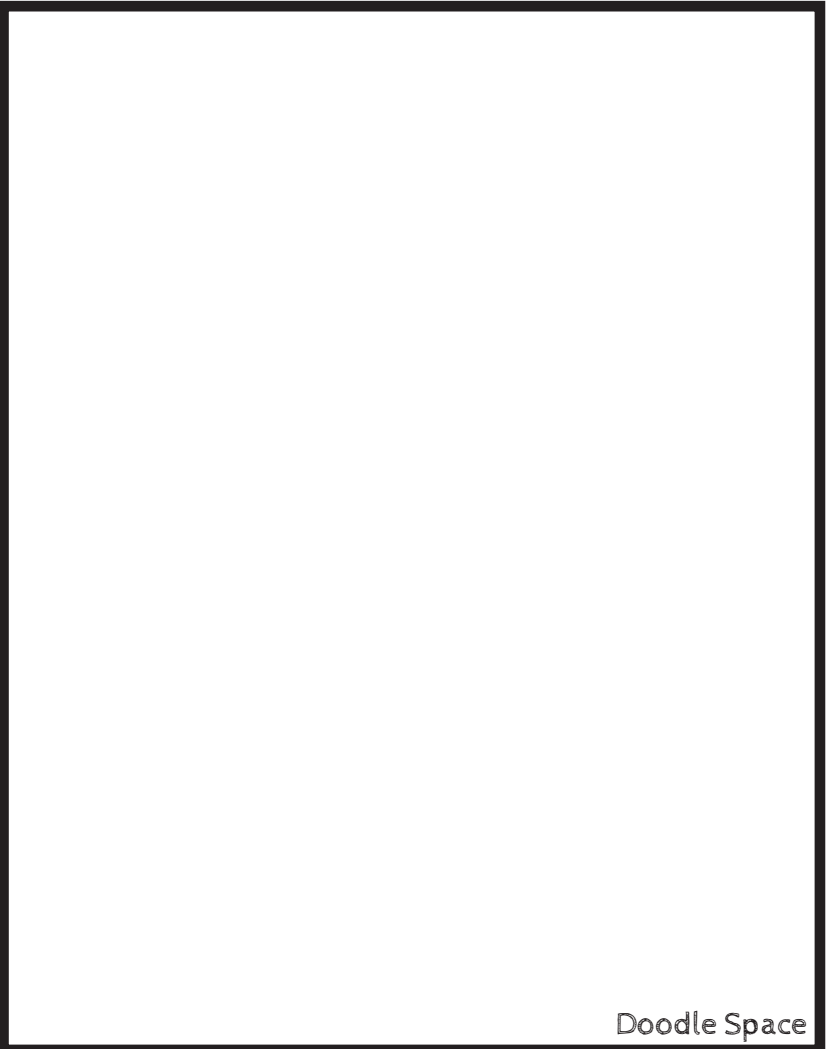
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ner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



your brain is active while you procrastinate...
Let the creative juices flow!



The **U** **S** **I** guide to studying

The weeks leading up to exams and assessments are key to how well you perform. Use this guide to prepare and plan your schedule so that you can achieve the best results.

Plan!

Use the planner in this guide. If you plan ahead you will feel much more confident in your work.

Challenges

Revise all topics and prepare for any question to come up. If you've planned ahead you'll be well able to challenge yourself with the tougher topics... and you'll feel proud of yourself for it.

Distractions

Try to minimise them. Work in a space that suits you. Tidy your bedroom and cover the TV. Get up early and find the perfect spot in the library!

Friends

They can be a distraction too! Take scheduled breaks together. Remember that everyone works differently. You do your best, they will too.

Procrastinating?

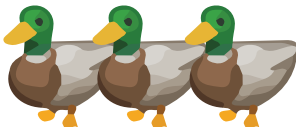
Play with our Procrastination Puster pyramid game at <http://usi.ie/study>

Take breaks and switch off

Use the study planner (inside) to schedule "me time".

Put your phone away while you sleep!

Sleep really matters. Wake up refreshed and ready to roll, putting in the time to revise your topics as best you can.

Now get your  in a row
& prepare for success!