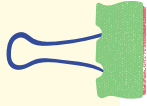




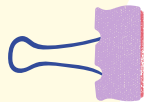
# STUDY SURVIVAL PLAN



The reason/s I am doing  
this course...

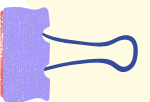
What is the time  
commitment for my  
course?

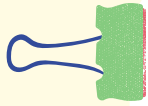
(Include attending classes,  
completing assignments and  
any personal study time)



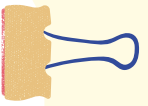
When are the dates/times  
of my classes?  
(Add them to your schedule)

When are my  
assignments due in?  
(Add the deadlines to your  
schedule)

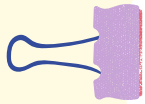




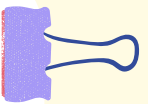
What events or existing commitments could clash with my classes, assignments or personal study time? What do I need to do to address this?



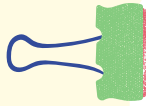
What am I willing to give up in order to have more time to study?



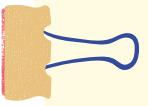
What days am I going to study and what times would work best for me?



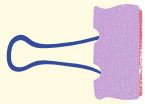
How long can I realistically study for before I need a break?



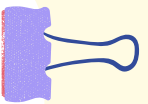
Where will I study?



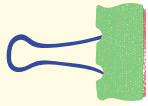
What distractions can I anticipate? How can I minimise or eliminate these distractions?



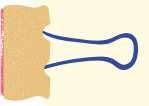
The classic things I do when I am procrastinating are:



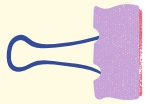
I will recognise when I am procrastinating and get myself back on track by...



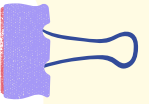
What study skills do I need to brush up on to help me to complete my assignments?



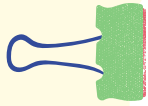
What support will I need before, during and after my course?



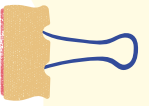
I can make my study time more enjoyable by...



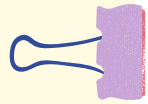
What can I treat myself to when I hit a milestone, meet a deadline, or get a decent grade?



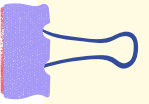
I will take good care of myself by...



What could I do to maintain a growth mindset and embrace the learning process?



After the course, my next steps are to...



Additional strategies that may help me through my studies: