

Exam Planner

STAY ORGANIZED AND ACE YOUR EXAMS

Exam Planner

This planner is here to help you organize your study schedule, track exam dates, and manage your preparation with confidence. Use it to break big goals into clear next steps, stay consistent week to week, and walk into each exam feeling ready.

Exam Schedule

Subject	Exam Date	Time	Location	Status

Study Plan

Subject	Topics to Cover	Priority	Completed

Weekly Study Checklist

- Review lecture notes
- Complete practice problems
- Create summary sheets
- Study with group
- Take practice test
- Review difficult concepts
- Prepare materials for exam day

Important Reminders

Tips to stay on track:

- Start studying early to avoid last-minute stress
- Take regular breaks to stay focused and refreshed

Get plenty of sleep before exam day

Managing Exam Stress 🧘

Stress is a normal part of exam season, but it doesn't have to take over your routine. Building a few calming habits into your study plan can help you stay focused, steady, and more confident. Small, consistent steps often make the biggest difference when pressure starts to rise. Use the tips below to support your mind and body as you prepare.

- **Breathe**—practice deep breathing exercises before studying
- **Break**—split study sessions into manageable 25–30 minute blocks
- **Move**—stay physically active with regular exercise or walks
- **Sleep**—maintain a healthy sleep schedule (7–8 hours per night)
- **Nourish**—eat nutritious meals and stay hydrated
- **Reach out**—talk to friends, family, or counselors when feeling overwhelmed
- **Reframe**—use positive self-talk and visualization techniques
- **Trust**—avoid cramming the night before; trust your preparation

Notes & Resources 📝

Use this space to jot down helpful resources, study links, key formulas, or anything you want to remember later. Keep adding as you go—your future self will thank you when revision time comes around.



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