



Study Plan

Use the boxes below to detail the short-term goals you have written in the Goal Pyramid. Once you have put down your study time, what you want to learn and how, try looking for ways to stay motivated. Also, think about whether or when you will need to review your plans.

When (Time and frequency)	
Which learning materials to choose and how to use them	
What to do	
The ways to keep yourself motivated	
Review of the plan (frequency, use and disuse)	

