

Daily PLANNER

Exams can be a stressful time, so the Wellbeing Subcommittee and Student Services have developed a study planner to help you!

What time of the day do you study best?

What do you like to do to take a break?

Where do you like to study in St Andrews?

IMPORTANT DATES & TIMES

Module	Date	Time	Place

Plan some nice things to do when you are finished!



University of
St Andrews
Student Services



Daily PLANNER

Day:

Study spot:

What topics are you focusing on today?

What are you aiming to achieve?

IMPORTANT DATES & TIMES

Time	Topic	Aim

What went well today?

Notes for tomorrow:



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