NURSE STUDY PRO

Your Weekly Nursing Study Planner

Study smarter. Manage your time. Build confidence—one week at a time.

How to use this planner

1. List your classes, clinicals, assignments, and exam dates.
2. Choose a few realistic study priorities for the week.
3. Schedule focused study blocks and active-recall practice.
4. Review what worked and adjust next week.

This Week at a Glance

Week of: _____ **Next exam / check-off:** _____

Classes / clinicals / work: _____

My Top 3 Study Priorities

1.

2.

3.

Weekly Schedule

DAY	CLASSES / CLINICALS / COMMITMENTS	FOCUSED STUDY PLAN	TIME
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

DAY	CLASSES / CLINICALS / COMMITMENTS	FOCUSED STUDY PLAN	TIME
Saturday			
Sunday			

Plan Your Coursework

List upcoming work, then decide what needs attention first. Break large tasks into smaller steps.

COURSE / TOPIC	TASK / EXAM DATE	PRIORITY	NEXT SMALL STEP	DONE
				■
				■
				■
				■
				■
				■
				■

Plan One Focused Study Session

Topic: _____	**Time:** _____ minutes
Before: What do I already know? _____	
Practice: What will I do from memory (questions, flashcards, explain aloud)?	
Check: What did I get right? What needs another look?	

A Quick Study Strategy Checklist

■ I tried to recall the material before looking at my notes.	■ I answered practice questions and reviewed the rationales.
■ I broke a complex concept into smaller parts.	■ I scheduled a future review instead of cramming.
■ I explained the concept in my own words.	■ I asked for help with a specific knowledge gap.

Review, Reflect, Reset

Take five minutes at the end of the week to notice progress and plan your next step.

One thing I learned well this week:
One topic I still need to review:
Which study strategy helped me most?
What got in the way of my plan?
One adjustment I'll make next week:

NEED HELP MAKING A PLAN THAT FITS YOUR LIFE?

Nurse Study Pro offers personalized virtual study coaching to help nursing students strengthen study skills, organize their time, and prepare for exams with a clearer plan.

Individual coaching: 30 minutes • $30
Next step: Visit Nurse Study Pro to book a session and coordinate your virtual meeting.

A gentle reminder: A study plan is a guide, not a test. Adjust it when your workload changes, protect time for rest, and ask for help when you need it.