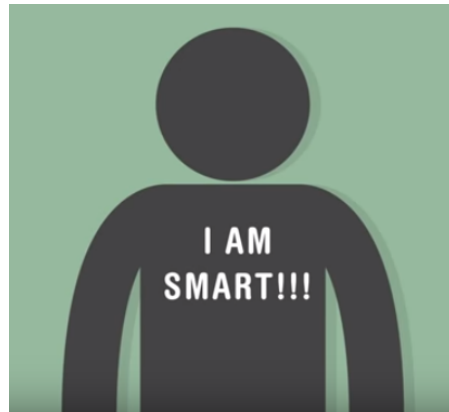




THE **SMART** PRINCIPLES



Stap 1. Neem een weekplanner of je agenda.

Stap 2. Noteer alle **wekelijkse verplichtingen**. Dit zijn activiteiten waarin je niet kan schuiven, die vast staan op een bepaald tijdstip. Dit kunnen zowel studie-gerelateerde afspraken (lessen, groepswork, examen - zie blauwe en bruine blokken) als niet studie-gerelateerde afspraken (sporten, feestje - zie groene en gele blokken) zijn.

Plannen: stap voor stap

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
SWIMMING 07:00-08:00		LECTURE 09:30-11:00				
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
STUDY GROUP 15:00-17:00			EXAM 12:00-13:30	LECTURE 12:00-14:00		MATINEE 15:00-17:00
LECTURE 14:30-16:00		STUDY GROUP 15:00-17:00	FITNESS 14:00-15:30			
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
	CLIMBING 19:00-20:00		PARTY 21:00-03:00		DINNER 18:00-20:00	

Stap 3. Plan voldoende **ontspanning en pauze** in (fel groen).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
SWIMMING 07:00-08:00		LECTURE 09:30-11:00		FREE 08:00-10:00	FREE	FREE
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
STUDY GROUP 15:00-17:00			EXAM 12:00-13:30	LECTURE 12:00-14:00	FREE	MATINEE 15:00-17:00
LECTURE 14:30-16:00		STUDY GROUP 15:00-17:00	FITNESS 14:00-15:30			
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
FREE 19:00-22:00	CLIMBING 19:00-20:00		PARTY 21:00-03:00		DINNER 18:00-20:00	FREE

Stap 4. Plan je **zelfstudietijd** (rood).



Plannen: stap voor stap

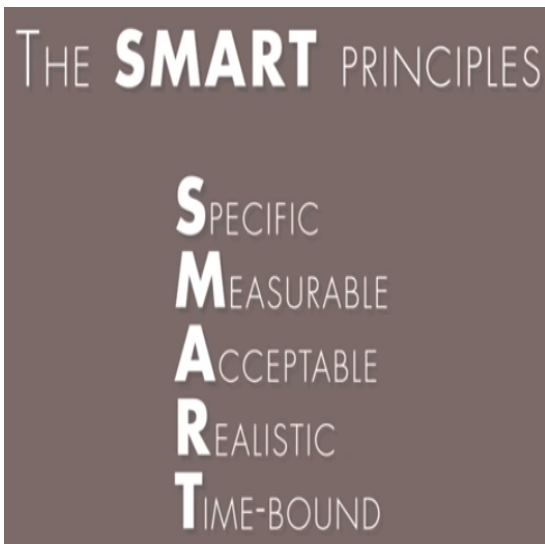
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
SWIMMING 07:00-08:00	STUDY 9:00-11:30 CH.7 PAGE 153-165	LECTURE 09:30-11:00	STUDY 8:30-10:00 CH.8 PAGE 236-245	FREE 08:00-10:00	FREE	FREE
STUDY 09:00-11:30 CH.7 PAGE 110-153				STUDY 10:00-12:00 CH.8 PAGE 245-270		
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
STUDY GROUP 15:00-17:00	STUDY 13:00-17:00 CH.7 PAGE 165-200	STUDY 12:00-14:30 CH.7 PAGE 200-217	EXAM 12:00-13:30	LECTURE 12:00-14:00	FREE	MATINEE 15:00 - 17:00
LECTURE 14:30-16:00		STUDY GROUP 15:00-17:00	FITNESS 14:00-15:30	STUDY 15:30-17:00 CH.8 PAGE 270-282		
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
FREE 19:00-22:00	CLIMBING 19:00-20:00	STUDY 18:30-19:30 CH.7 PAGE 217-236	PARTY 21:00-03:00		DINNER 18:00-20:00	FREE



Plannen: stap voor stap

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
SWIMMING 07:00-08:00	STUDY 9:00-11:30 Ch.7 PAGE 153-165	LECTURE 09:30-11:00	STUDY 8:30-10:00 Ch.8 PAGE 236-245	FREE 08:00-10:00	FREE	FREE
STUDY 09:00-11:30 Ch.7 PAGE 110-153				STUDY 10:00-12:00 Ch.8 PAGE 245-270		
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
STUDY GROUP 15:00-17:00	STUDY 13:00-17:00 Ch.7 PAGE 165-200	STUDY 12:00-14:30 Ch.7 PAGE 200-217	EXAM 12:00-13:30	LECTURE 12:00-14:00	FREE	MATINEE 15:00 - 17:00
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EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
FREE 19:00-22:00	CLIMBING 19:00-20:00	STUDY 18:30-19:30 Ch.7 PAGE 217-236	PARTY 21:00-03:00		DINNER 18:00-20:00	FREE

Stap 6. Maak je planning SMART.



Specifiek

Wat ga ik precies doen (welk vak?, theorie of oefeningen?, lezen, structureren of studeren?)

Waar ga ik dit doen?

Hoe zal ik starten?

Meetbaar

Hoe weet ik dat ik het ken?

Wanneer is mijn doel geslaagd?

Acceptabel

Ben ik bereid om op woensdag avond nog te studeren, al heb ik er dan misschien geen zin in?

Realistisch

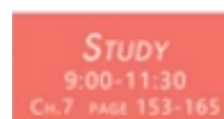
Heb ik voldoende tijd voorzien om die hoofdstukken door te nemen?

Tijdsgebonden

Wanneer start ik, wanneer neem ik pauze?

Dat wordt dus bijvoorbeeld:

Dinsdag ochtend: 9.00 – 11.30: Recht, hoofdstuk 7, p 153-165



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SWIMMING STUDYING	MORNING STUDYING	MORNING LECTURE	MORNING STUDYING	MORNING STUDYING	MORNING	MORNING
AFTERNOON STUDY GROUP LECTURE	AFTERNOON STUDYING	AFTERNOON STUDYING STUDY GROUP	AFTERNOON EXAM FITNESS	AFTERNOON LECTURE STUDYING	AFTERNOON	AFTERNOON
EVENING	EVENING CLIMBING	EVENING STUDYING	EVENING	EVENING	EVENING	EVENING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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STUDY 09:00-11:30 Ch.7 PAGE 110-153				STUDY 10:00-12:00 Ch.8 PAGE 245-270		
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
STUDY GROUP 15:00-17:00	STUDY 13:00-17:00 Ch.7 PAGE 165-200	STUDY 12:00-14:30 Ch.7 PAGE 200-217	EXAM 12:00-13:30	LECTURE 12:00-14:00	FREE	MATINEE 15:00 - 17:00
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EVENING	CLIMBING 19:00-20:00	STUDY 18:30-19:30 Ch.7 PAGE 217-236	EVENING	EVENING	EVENING	EVENING
FREE 19:00-22:00			PARTY 21:00-03:00		DINNER 18:00-20:00	FREE