

**WINTER BREAK LEARNING PACK**

Best for students restarting after a break or rebuilding confidence in December.

DECEMBER STUDY RESET PLANNER

A gentle, structured weekly reset using EduQuencher's 3-Step Study System. Use this framework to turn a stressful month into a predictable, low-pressure routine.

How to use this planner:

- Print one copy per week in December.
- Keep it visible in a binder or on the fridge.
- Celebrate completion of the routine, not perfection of the work.

STEP 1: 🎯 FOCUS**Reduce to Must-Do Tasks Only**

Start by brain-dumping everything that feels urgent. Then cut it down to **one essential academic task per day**. This might be: reviewing notes from one class, finishing a single assignment, or reading for 10 minutes. The goal is to create small wins that restart momentum.

STEP 2: 🕒 ROUTINE**Rebuild Predictable Micro-Routines**

Choose a **10–20 minute study window** at the same time every day (for example, 6:30–6:50 p.m.). Treat it like an appointment: when the time arrives, phones go away, materials come out, and the must-do task begins. Consistency matters more than the length of time in December.

STEP 3: ✨ REFLECTION**Reflect Once a Week**

At the end of each week, look back and ask: What worked? What felt hard? What will I keep or change next week? Use the reflection prompts below to set three realistic goals for the following week. This turns December into experiment mode instead of “all or nothing” thinking.

WEEKLY STUDY PLAN

Add one must-do task per day. Keep it realistic so the student can finish it during the study block.

DAY	MUST-DO-TASK	STUDY BLOCK (TIME)	WHERE I’LL STUDY	SMALL WIN/NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEKLY STUDY PLAN

- ☐ I chose a **realistic** must-do for each day.
- ☐ I picked one **consistent study time** for the whole week.
- ☐ I set up a **study space** with the supplies I need.
- ☐ I agreed to try this for **one week** and then adjust.

WEEKLY REFLECTION

Three academic wins from this week:

One thing that felt hard:

What I want to try differently next week:
