

PROPOSED LEARNING PLAN

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The Problem

Unfortunately I had a number of reasons why I didn't do well in my courses last term. These are listed below:

- I lived in a very noisy house with friends that did not take their studies seriously. My housemates spent a lot of time partying and I would usually join in, instead of applying myself to my studies and homework.
- I didn't get up before about 10:30 in the morning and would miss nearly all of my early morning classes.
- I was heavily involved in the Queen's cheerleading club. I was on the executive and would have to travel to competitions and also organize accommodation and transport. This took a lot of time.
- I seemed to be always tired and couldn't focus on my studies.

The Solution

Over the summer I have spent a lot of time thinking about why I was not successful. I reviewed the material on the Learning Strategies Development website and as a result I have made a number of changes to my lifestyle and environment which I believe will help me do well in my courses in the coming year:

- I have moved into a smaller house with only one housemate who is a very serious student. This student is an international graduate student who is very serious about his work and isn't interested in partying. In this environment I will not be distracted from my work.
- Over the summer I have developed a wellness plan to improve my overall health and fitness. I now get up early in the morning – usually around 7 – and go to the gym for an hour. I am also focussing on eating regularly and eating healthy foods. My parents helped me develop a 2-week menu of dinners that are healthy and easy to make. By keeping my body healthy I find that I can focus on tasks more effectively. Getting up earlier, working out, and going to bed at a regular time has meant that I am not tired, I can focus better and this will help me work more effectively.
- I have resigned from the Queen's Cheerleading club (see the letter from the manager indicating that I have given this up for the next year)
- I have prepared a time management plan for both terms, which I plan to follow. Attached you will find these two plans. I am going to attend every class and every tutorial, and to try to stick to the time management plans as much as possible.