Return-to-Learning Weekly Plan

Adult learners | Study skills | Flexible support

Learner: _____ Date: _____

Plan a manageable week around time, energy, access needs, and one learning priority.

ONE PRIORITY AND WHY IT MATTERS

SMALL STEPS AND ESTIMATED TIME

ACCESS, ENERGY, AND SUPPORT NEEDS

BACKUP PLAN AND WEEKLY REFLECTION

Grown-up note: Start smaller than your maximum capacity. Rest, accommodations, flexible formats, and revised timelines are valid parts of a sustainable plan.

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