# College Workload and Energy Plan

College | Study skills | Flexible support

Learner: _____ Date: _____

**Plan one week using deadlines, estimated effort, energy limits, accommodations, recovery time, and a backup plan.**

## FIXED DEADLINES AND COMMITMENTS

## TASKS BROKEN INTO SMALL STEPS

## ENERGY, ACCESS, AND SUPPORT NEEDS

## BUFFER TIME AND HARD-DAY BACKUP

**Grown-up note: A sustainable plan protects sleep and medical needs. Use accommodations early, schedule buffers, and revise estimates without self-blame.**



@richnerdstutoring | Personal/classroom use. Share the original PDF. Not for resale.