

KEY FOCUS:

To focus on helping students, especially highschool students in their academics by providing them a successful and flexibel study schedule to prevent the increasing rates of burnout, lower attention span and worsening mental health

Weekdays

SCHOOL TIME : Flexible to the Individual.

When you are at school, we encourage you to pay attention in class, so that you understand more about the topic. By doing this, you make use of the time allotted in that class for school as well as ensure that you won't be last minute cramming the material. By paying attention in class, you tend to ask questions and take time to understand and concentrate on the subject, instead of stressing the night before the big test.

3:30- 4:00 pm: Come back from school and have a nutritious meal.

Eat something that will fill your body and satisfy you. Try new recipes you see online. Make sure you get all the nutrition you need:)

4:00- 5:00 pm: Take a body break and get refreshed

School can be stressful. Take this time to rewind, but try to stay off your phone. During this time we encourage you to workout, this doesn't mean lift weight; this could be going for a run, yoga, taking a walk, playing any sports, etc. Anything that requires you to move your body and have fun. During this time I also take a shower and change into some comfy clothes.

5:00 - 6:00 pm: Study Period 1: Review and understand

The main focus is to target new or uncertain topics in a subject and try to understand the concepts. Use methods such as the Pomodoro technique, awarding yourself breaks. Clarify and organize what materials you wish to study

6:00 pm - 6:10 pm: Break 1

During this break we encourage you to not go on your phone. Instead get a snack and water and relax.

6:10 - 7:00: Study Period 2: Assignment and project time

Do any pending work, or projects assigned to you in the week before, even if they are due many days later. By doing a little of all your assignments at a time, you are less likely to cram and stress about it later. Break your assignment down into smaller parts and tackle it slowly, managing your time efficiently.

7:00- 8:00 pm: Dinner Break: Have nutritious dinner

At this time relax and have dinner with your friends or family. You can go out or stay in. Make sure you treat yourself but still have a nutritious meal.

8:00 pm - 9:00 pm: Study Period 3: Practice and Reinforcement and Review

In this block, you are to do practice tests, flashcards, reviews and watch videos to implement and practice techniques you learned in Study Period One. Treat it like a mini test. Do activities like mind mapping and active recall. Take mini breaks between the different subjects. In this block you should review all the subjects you worked on for the day, and re-look over the concepts, making sure you understand the material clearly.

9: 00 pm: Wind Down

Start winding down by avoiding more screen time. Instead do meditation or breathing techniques. Set your Alarm to 5am, allowing you to get 8 hours of sleep. Sleep is highly important, make sure you are well rested for school tomorrow.

WEEKENDS:

Flexible to the Individual. You can do this for both Saturday and Sunday if you have increased work, or Just Saturday and rest and quick review on Sunday.

8:00 am: Wake up and refresh yourself. Avoid being on your phone. Eat a nutritious breakfast and do some stretching exercise to calm and center yourself

9:00 -10:30 am: Study Period 1: Review and understand

The main focus is to target new or uncertain topics in a subject and try to understand the concepts. Use methods such as the Pomodoro technique, awarding yourself breaks. Clarify and organize what materials you wish to study

10:30 am - 12:00 pm : Study Period 2: Assignment and project time

Do any pending work, or projects assigned to you in the week before, even if they are due many days later. By doing a little of all your assignments at a time, you are less likely to cram and stress about it later. Break your assignment down into smaller parts and tackle it slowly, managing your time efficiently.

12:00- 1:00 pm - Lunch Break - Have nutritious lunch/ break

1:00 pm - 3:00 pm: Study Period 3: Practice and Reinforcing

In this block, you are to do practice tests, flashcards, reviews and watch videos to implement and practice techniques you learned in Study Period One. Treat it like a mini test. Do activities like mind mapping and active recall. Take mini breaks between the different subjects. In these breaks, avoid using your phone and do more mindful activities.

3:00 pm- 4:00 pm: Study Period 5: Catch Up and Weak Spots

In this period, you can catch up on any missing work or focus on what you think your weak spots are. If not, then do a quick review.

4: 00- 5:00 pm - Break Time

This time is allotted for you to have fun. Hang out with your friends, exercise, go out for food, or do something you enjoy. While doing any activity, avoid putting on music, but rather make your notes into a podcast and listen to those different podcasts to memorize and revise more.

5:00 pm - 6: 30 pm - Review

This is your final studying block of the day, and in that block you review all the subjects you worked on for the day, and re-look over the concepts, making sure you understand the material clearly. If you have some questions, carry it over to the next day, or plan to ask your teacher on Monday.

6:30- 7:00 pm : Chill Time

7:00 pm - 9:00 pm: Dinner

In this, have your dinner, handout with your family or talk to your friends. You can do whatever you want to do, as you are done.

9: 00 pm: Start winding down by avoiding more screen time. Instead do meditation or breathing techniques.

Throughout this, individuals can use various different techniques to learn according to their own preferences. This schedule is meant to be flexible, in case of any other needs of the participants. In terms of breaks, the participants have a small 5 minute break every 45 minutes where they stretch or do any other activity, without their phone

Quiz for High School Students

21 responses

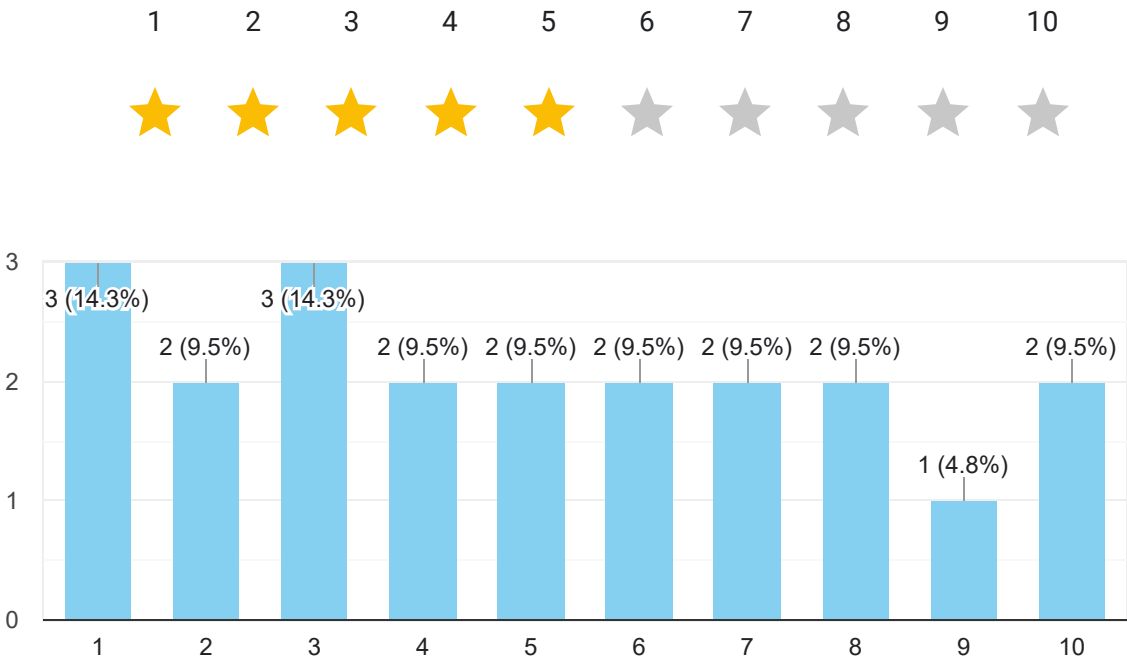
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1) *On a scale of 1-10, how bad has the pandemic messed up your mental health? 10 being really bad, 1 meaning no effect.*

21 responses

Average rating (5.00)



2) What are some changes you have seen before the pandemic and post pandemic in your mental health? Include sleep schedules, hobbies, school etc

21 responses

- sleep schedule got really messed up, i use to sleep at 8 and wake up at 5am but now i sleep at the time i use to wake up.
- i played soccer before pandemic, after i never was able to go back.

It has changed my sleep schedule, my hobbies to being watching movies and more screen time in general.

I really changed as a person through the pandemic. I felt i had more time to myself and to self reflect and learn from my life. I was able to pick up hobbies such as gaming and workout out and could manage school in my life much better as it was online. It really made me realise the benefits of at home learning or home schooling. I also learned a lot about myself such as I like media with superhero's such as Marvel or DC and i also enjoy anime.

I sleep less
dont have any hobbies started haring art more
school is the same
i am less social
more of a home body

less sleep now, no time for hobbies

Well b4 i had no problem falling asleep I was very social and not spending much time on TikTok, however I was like suffering from panic attacks a lot more. Post pandemic I developed a lot of social anxiety and kind of lost the social side of myself, during and after pandemic is when my insomnia started and messed my sleep schedule and started spending a lot more time on social media. However I found my panic attacks decreased ALOT

Being on the internet really impacted my sleep schedule — being unable to sleep. Things I enjoyed doing have now become boring to me. School doesn't interest me, but I still go to school cause I have to.

before pandemic: I got more sleep, had more hobbies, liked school overall, and had a happy life.

post pandemic: I get alright sleep, don't have much hobbies, don't really like in person school.

Less motivation for school, more interest in hobbies and irregular sleep schedule

Worse sleep schedule, extreme procrastination

My sleep schedule is terrible! I feel as I've also become less social.



dawg my mental is fine like you tryna say im pagal. lowkey, after the pandemic ive started reading and watching movies a lot and sleep schedule i be staying up real late. school ive gotten lowkey better.

I procrastinate more my sleep schedule is messed up I am less healthy and eat less and I am no longer active like I was before the pandemic

Haven't been able to do more hobbies outside of school and my motivation for school is also not enough

I have stayed up later than usual, I've become more lazy, I don't have the energy to go to school and want to learn.

I used to wanna go out more and get more sleep but because of me on my phone and being indoor I find myself an introvert

After the pandemic my mental health has went down. My sleep schedule is more messed up and it's because I keep stressing over school at night. For school, I just stress and strive for academic validation, which affects my mental health as my grades depict my value. My mental health is bad as I usually dream about how I want my life to be, and stress about the smallest of things effecting how I talk to people, my performer in school and overall my life.

Less hobbies but better sleep due to day to day activities

less desire to pursue hobbies and extracurriculars

My sleep schedule got really messed up but it went back on track a few weeks into the schools opening again

Before I would talk to people a lot and I had to relearn it when school opened up again, although it didn't really affect me too much since I opened up again pretty easily. I never gave up on school so sleep schedule never got ruined in fact I got more time to do things I like to do. But I was very sad about school ending early because I liked it so much.



3)What are some reasons for your degrading mental health regarding school or your social life?

21 responses

more pressure, bad friends, harder to get better grades, dont go out as much,

no

- 1) too much homework
- 2) teachers seem like they don't care about me
- 3) teachers can't teach properly
- 4) school feels more like prison work than a learning environment and I don't even get paid to be there
- 5) I have too much pressure on my shoulders from things like GCSE's (yes i'm British), taking care of my younger siblings, being a good student, extra curriculums al for theerr still to be a chance that i don't succeed in life

just being stuck at home, spent too much time thinking about things. That increased stress, thas why mental health went down.

high expectations

Well annoying ppl who have nothing nice to say kind caused my social anxiety which led me to think AOT more about what people say about me. Another reason is being put in a discriminatory environment where u get kind harmed and bullied over things u can't controll

My mental health is really affected by my academics because if my grades are good then I'm happy but if they aren't at a certain level then I usually feel really upset. And if my grades are low then I stay home and study even harder so I usually socially distance myself from friends.

school is taking over my life giving me no life of my own.

After the pandemic it was hard at first to get used to going to school

Too much time on Social media

I'm not sure to this one!

uhm in a introverted-extrovert. im a introvert when i meet someone but like five seconds of talking to someone i become an extrovert

Not eating good and not doing physical activityies



-lack of motivation to do school work -no incentives -no sense of accomplishment anymore

My mental health hasn't really been affected but my schedule and perseverance sure has.

I'm just lazy because of the pandemic and don't want to do anything

For school it's the increased stressed as I kept getting older, especially in high school.

Having assignments to have a higher priority over taking care of my mental health

pressure from feeling behind in life

I think the pressure that I put myself through after having so much time to do something and not doing until it's the last hour. Also when I'm stressed about school but don't do anything to improve my grades

Comparing myself to others or ego taking over and thinking im better than others



4) Have your grades dropped due to your mental health? If yes, explain why

21 responses

no

No

yes. whenever i get burnt out or feel as if the amount of work i do doesnt show in my work, i shut down and stop trying.

during covid-19 my grades had a significant drop because instead of paying attention in class I would play games.

Nah im goated

no they havent

Yes when times I really emotionally decline I prioritize school less which is when they decline

Yes. Sometimes when I feel upset over something I cannot be productive leading to a decrease in my grades.

yes. i don't care about my grades as much as I used to

No, not that much

nah minus english

Yes because I procrastinate more

Yes - I haven't been to put in that work ethic like before

No, but since I am now in high school and I learnt all the basics during the pandemic my foundation of knowledge is not as strong.

Yes lowkey

They haven't dropped but my metal health is suffering.

Yes, because I used to procrastinate a lot during the pandemic and thay affected my study life after.

I wouldn't say because of my mental health I think it's mostly because of my poor choices

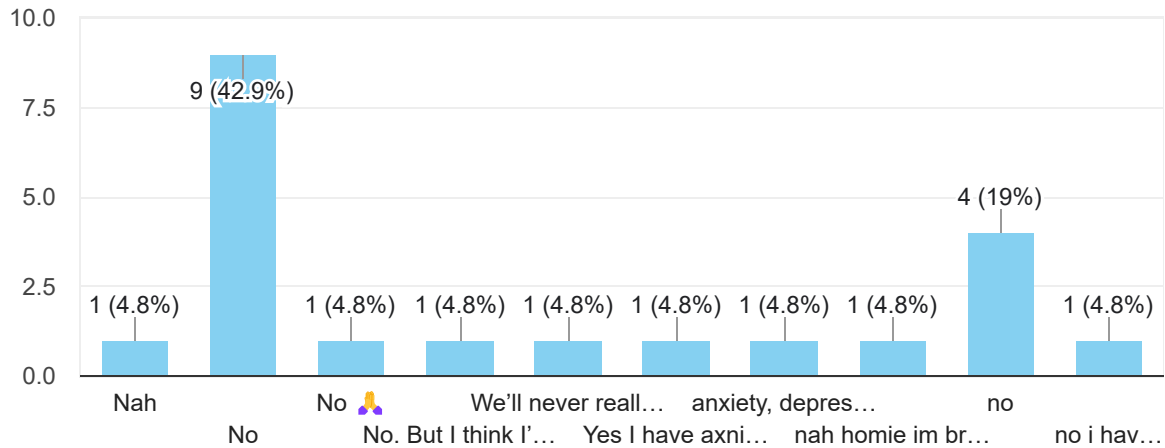


Nope

5) Have you been professionally diagnosed with any mental conditions? If yes, please provide.

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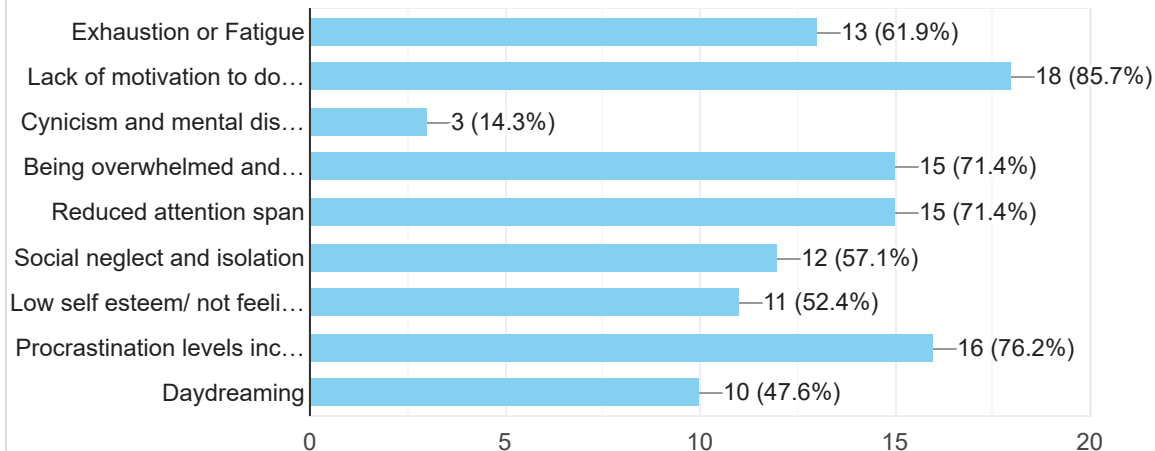
21 responses



6) How many of these symptoms have you had after the pandemic?

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21 responses



7) In result, how does burnout affect your social and academic life?

21 responses

bad, both ways. Socially i dont go out as more, or take care of the others aaround me.
Academically, i guve up on school and dont put in as much work.

does not

I have a plan built on how to build the perfect life for myself but i never do it or start it becauee
i don't have the energy
i constantly feel too tired to attempt new things so i never grow as a person
my academics have fallen because i panic myself too much

I study less get lower marks than usual

no energy to put towards friends or school

Well I just stay home and Bed rot (the mentally not ok one not the lazy one) disregarding
school and social interaction

Burnout really makes it hard on me cause I feel dumb and unworkable since I'm unable to keep
my grades up to a certain level.

i dont want to go out and socialize or go to school. i dont have the energy. i just wanna sleep

After burning yourself out you have zero motivation to do new things

Awful, it's as if I don't want to do anymore work afterwards and it takes a very long time to
recover too.

Burning out never usually affects my social life, people make me feel energized so I can get
out of feeling burned out but I'd say it very much depends on who the people are. As for
academics, burning out aha definitely caused my grades to drop.

uhmmmmmmmmmmmm i feel like i need a really loooooooooooooooooong break. i lack
motivation when i feel burnt out.

It affects me a lot because it takes a long time for me to recover and I isolate myself from
other individuals and my schoolwork

It impacts my sense of being in the moment



I feel tired and demotivated not wanting to do what I need to and because of that I have a lot of work build up and then last minute is very stressful and bad for my mental and physical health.

Because I don't want to do anything in school or go out with people as a effort

I'm burned out. I only care about 90s and if I don't get it i go into a depression state. For me my grades depict my value, and sometimes I stopp trying, which affects not only my grades but people around me as I shut off and isolate myself.

It affects is a very negative way. I become burnt out very fast compared to before the pandemic. Burnout doesn't let me enjoy my day to day life

less motivation to do things and procrastination. ex. no desire to do assignments and leaving them till the end

It makes me stay up late and get very minimal hours of sleep

It's pretty bad but I don't rlly burn out like that



8) Has burnout affected your grade averages? If yes, please include examples

21 responses

no

yes, since i dont work as much i get grades that reflect that

yes i used to get perfect scores in maths like once i got 31/30 (yes i wrote it right do not correct me) and now i'm scraping average grades

yes went from honor of distinction to just distinction

Well I haven't really fully burnt out ever

Yes. Burnout has led to a decrease in my grades.

they have decreased a bit, but not too too much

Burnout has not affected my grades

No

Yes, not being able to continue working on smth... resulting in me getting a lower grade than I should've.

uhmm towards the end of the school year, my grades do somewhat get lower but not toooooooooooooooooooooo much (arnav and khushi 4 life)

Yes as I lose motivation to study and do assignments

Yes - I procrastinate and I don't have the motivation to do work like for example I wait until 11pm to finish my midnight due quizzes

Yes, because if I am burnt out I don't spend enough time on each assignment which makes the assignment not good enough or up to my standards.

Yes

Nooo not really because no matter how burned out I feel I will eventually work even if it's very late at night.



Yes, due to lack of motivation and no academic validation. For example, my math grades have gone down due to the amount of energy it took to do practice problems from burnout.

not really

Yes, for example my bio grade was at an 86 then it just went down because of the loss of motivation

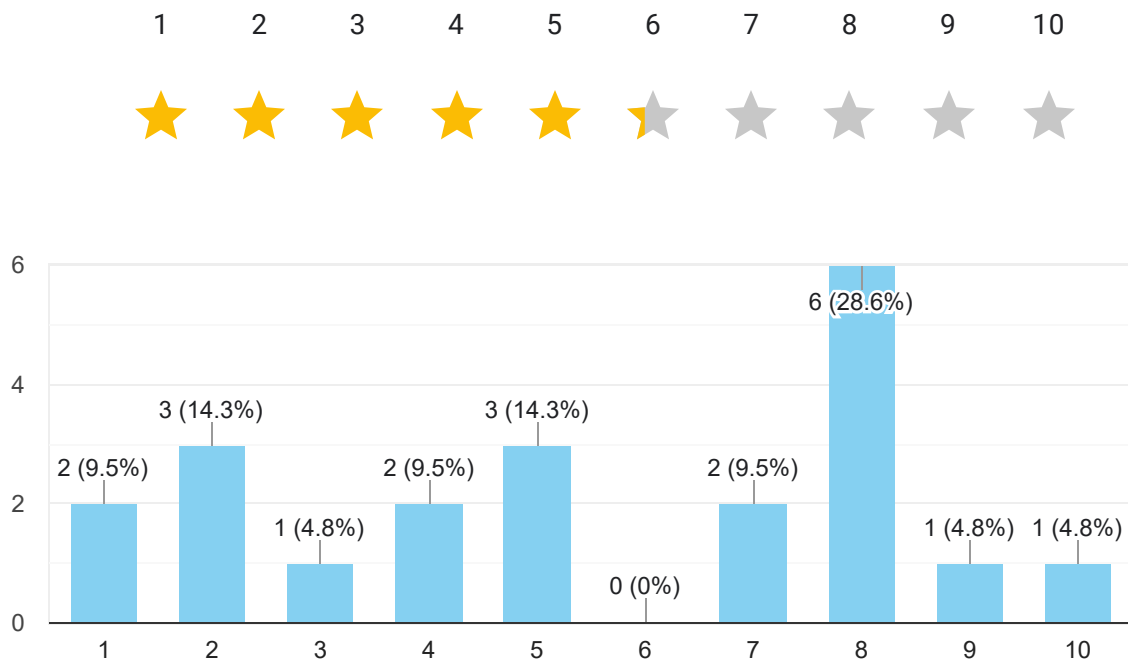
Yeah in grade 10 but it wasn't due to the pandemic. I just wanted to best in everything and when I wouldn't get it in return I'd work harder and that burned me out which just made me not wanna do work at all which affected me.

9) On a scale 1-10, has your burnout increased or decreased due to the pandemic? 10 being extreme yes, one being no.

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21 responses

Average rating (5.48)



10) Personally, do you feel more overwhelmed about school after the pandemic, causing more stress? If yes, explain

21 responses

yes, it was hard to go back. Everything felt like there was so much pressure and it was much harder.

no

yes as i saw a glimpse of a more free existence where i had more time to myself and was put back into a prison like state

yes, there is pressure to perform well constantly. School is more exhausting and I just dont feel like being at school.

less overwhelming

Well over academics no but social yes
Like a lotttttt more

Yes, the pandemic led to a major impact on students learning including mine, I feel more overwhelmed and stressed after the pandemic when it comes to my grades.

yes because im in a higher grade now than before

Yes,

Yes, after the pandemic it always feel different as if time is going way to fast or way to slow and it gets me stressed as if I haven't done enough

I think the courses and classes itself are causing me to stress but I don't think the pandemic has affected how much I'm stressed over school as of now.

nah ive somehow given up stressing like the stress is their but im not worrying abt it 24/7

After the pandemic as my daily routine was effected drastically in a short amount of time and I was unable to return to that

No

Yes, I feel more overwhelmed because my attention span has clearly reduced and I want to spend time with friends more when school should be my first priority.



Yes

Yess. The pandemic was weird as it was practically free grades but it created expectations I have to meet. Not only that But I don't have a good base, so it's hard to be successful. For example in English I used to be really good but because of the pandemic I have fallen behind and now a year before my diploma im rushing g to learn everything I missed, causing me stress.

Yes because there is not sense of motivation or academic validation

not because of the pandemic, it's because i had less responsibilities pre pandemic.

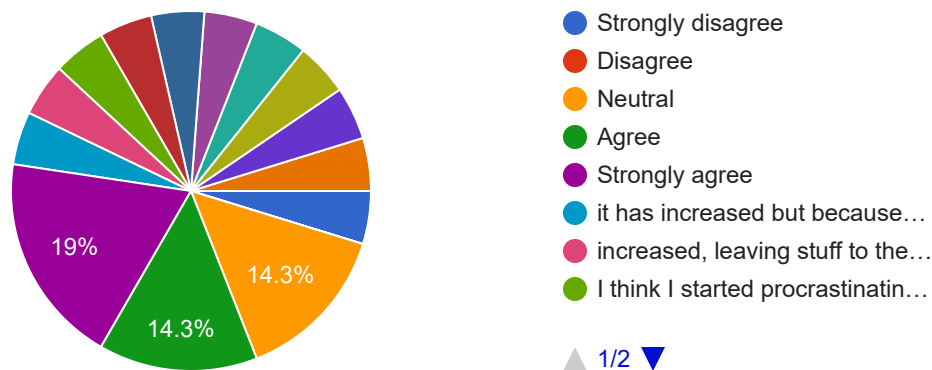
It definitely made me care less about school

No, it was very nice not doing the PAT

11) Has procrastination levels regarding academics increased or decreased due to the pandmeic? Please explain in the other box

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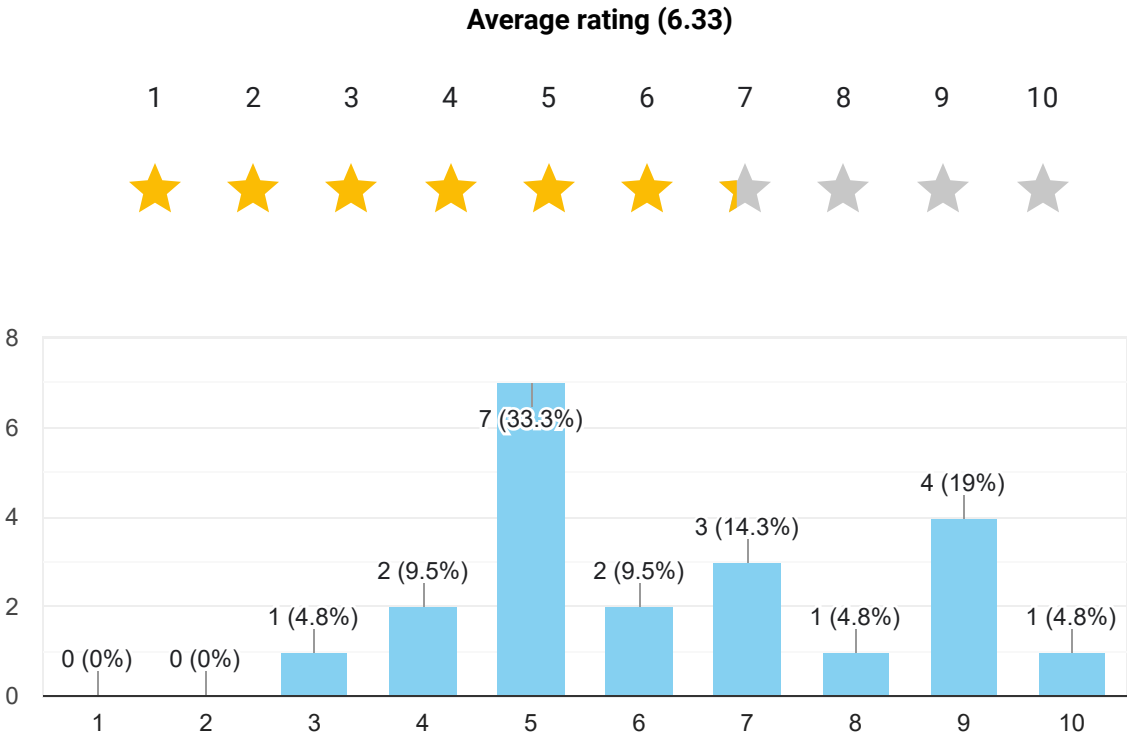
21 responses



12) On a scale 1-10, how much can you focus in a classroom environment?

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21 responses



13) How much time do you spend on your phone daily compared to before the pandemic?

21 responses

much more, before i would spend 2-3 hours now i spend 9-14 hours

less time from before

the same amount i'm still me bro

way more than usual like 7-8 hours on average

8-10 hours of screen time

Soooooooo much more

I spend more time using my phone — I think it's this way because the pandemic led to online schooling and made it seem like being on your device is a normal thing.

a little bit less

I spend a lot more time on my phone after the pandemic

A lot more

Before: didn't have a phone so I'd never be seen on my phone 😊 after: 5-7 hrs! 🤖 🤖 🤖

uhm usually around 3 hours cause i have reel/tiktoks to send, reels/tiktoks to send, new movies and tv shows to find, talk to my friends, and play block blast

I spend all day typically 4-5 hours and before the pandemic it was 2-3 hours

A lot more -dependent on it

I don't have a phone.

Most of my day

Before on my iPad or iPod I spent 2-3 hours. But now on my phone I spend about 4-5 hours, just mindlessly scrolling.

I spend more time on my phone than I used to



didn't have a phone before but screen time went up 2+ hours

Before the pandemic it was around 2 hours but now I'm averaging 8-9 hours everyday

I wasn't on it much before, was on it for awhile when the pandemic existed and now im back to normal



14) Do you zone out in classrooms more before or after the pandemic? Explain

21 responses

after, its much more stressful, being able to say dream helps to releive the stress

before the pandemic i used zone out in class but now i am more focused because i don't want to take class time for granted.

about equal cause i daydream a lot but it used to be about small things now it's bigger things

Yes, class is boring now its always u interesting and tiring

more after, loss of attention span

I mean always did I don't see any difference b4 or after

I zone out more since the pandemic since it really messed up my attention span.

more. i would rather learn at home than at school because i dont understand school teaching

More zoning out

Way more after the pandemic, attention span has really decreased by a lot.

Maybe more after the pandemic? Don't know how to expand on this fully...

yeah cause i study better by myself

More after pandemic

No I don't zone out

I don't really zone out maybe a couple of times but I am pretty focused in class. Although I do feel more tired than before the pandemic.

Yes I could sit in a class just wanting to go home and sleep

I come out more after the pandemic as that's what im used to from online school.

Yes due to a shortened attention span

zone out same amount



It's definitely a challenge to keep all my focus on what the teacher is saying

No



15) How does your procrastination and attention span affect your grades before and after the pandemic?

21 responses

before i would try to get my work done and be over with it, now i procrastinate to the last second

i don't procrastinate and my attention span got better after the pandemic which keeps my grades high.

before i could actually focus on the tests being given but now i can't because i'm always panicked

It causes more stress because last minute studying and school work. which results in lower grades sometimes

dropped grades

Well before I was young and barely had homework but I had to compare I'd say procrastinating started after the pandemic however my grade didn't get negatively impacted if anything they increased

My procrastination as well as attention span has mostly decreased my productivity which ultimately led to bad grades.

when i procrastinate, i stay up late at night to complete the assignment or study for the test making me tired and making my attention span get worse over time. when I procrastinate, I am on social media which is making my attention span also decrease. these things affect my academics worse after the pandemic especially.

Procrastination has led towards less grades after the pandemic

They are around the same, fluctuating normally.

Both the same, procrastinating more has continued to drop my grades. However, I'd say that I procrastinate more after the pandemic.

idk i lowkey just put homework to do till the very last day but the thing is i worked better under pressure

Before I was very focused and motivated and afterwards it was the opposite which led to worse grades



I procrastinate way more so for example my tests I end up studying for them last minute resulting in poor grades

I have been able to keep my grades pretty close with before and after the pandemic but because it is my first year in high school its been a change which is stressful.

I procrastinate to the finest like last min

My grades are impacted as I procrastinate and say I will do it the day before, leading to stress and anxiety which overtakes me. With a lower attention span o don't pay attention in class as much, which causes me to stress and self study at home.

My attention span has gone down which affected my procrastination

both things have increased slightly post pandemic

Before I used to want to learn afterwards I didn't care

I honestly don't remember



16) Has your studying ability decreased or increased after the pandemic?

21 responses

increased

Decreased

Decreased

decreased

increased

It decreased because i dont feel like studying anymore.

It fluctuates honestly

Increased

its in the middle broski

Decreased as the motivation to get good grades is not there anymore

Decreased -lack of locking in to do work

Studying ability has decreased

It's decreased

Increased I got older and wiser



21 responses

majority of class until the last 15 minutes.

20 minutes, if i have to i can go the whole time as well.

Well in my old school I was able to do most but currently none I just go home and self learn 🧑🏻🎓

a few hours

More than half of the period

50 minutes before i zone out or start doing something fidgety

Usually depends on how the class is being taught and what is being taught, but prolly 25-30mins.

uhmmmmmmmmmmmmmmmmmmmmmmmmmm depends on the subject

An hour and a half

Good amount

The whole class pretty much

Like hour

Good days the entire lesson. Mid days half and bad days like 20 minutes

30min

usually the entire period or 3/4



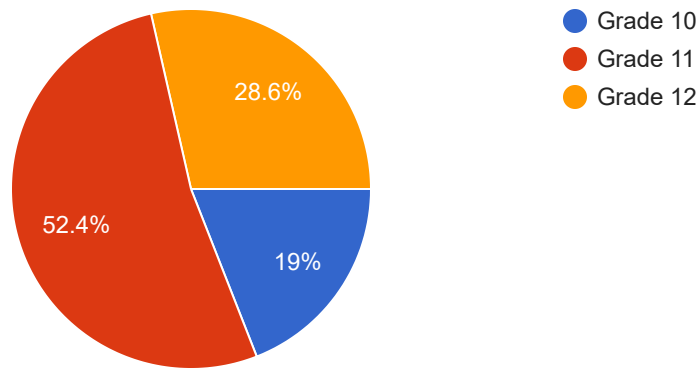
About hour max

1 hour, more if im locked in

18) What grade are you in?

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21 responses



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High School Study Schedule Results

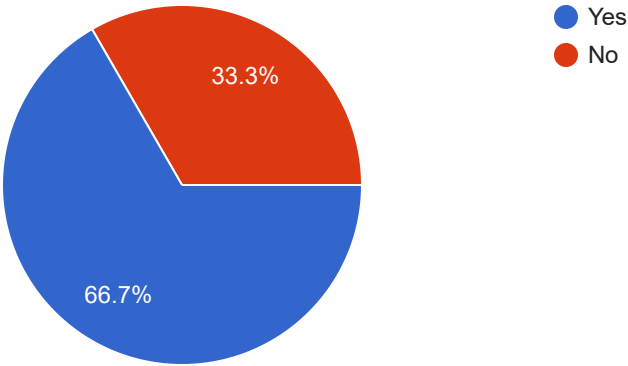
21 responses

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Did this study schedule make you feel less stressed? Please compare to your experiences before this study schedule in the other box.

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21 responses



Do you feel more comfortable with your school work and less overwhelmed with this schedule. Explain

21 responses

some what. i fele like i need to implemnt it for longer to see like proper reuslts.. but i feel better

i feel more comfortable with my school work since i know how to manage it

Kind of cause I was able to follow the schedule and actaully work instead of procrastinating

Not really, I still feel overwhelmed when I look at school work

Yes I feel more comfortable with my school work sense I get my work done before hand. And I feel less overwhelmed with this schedule since I new my stuff before hand

Yes. I can do my work better and more efficient.

yes it keeps me in place allowing me to get what to do my school work and studying on time allowing me to understand and be less overwhelmed

More comfortable since i was able to break down my work

Yes, because I know what I'm doing next and I don't feel overwhelmed.

Kind of not really, because I still have the same amount of workload

Yes, because it helped me feel more orginized, and helped with getting my work done quicker

Not really im the same

yesss. im comfortable with the topics more, because i acc study it. Im way less overwhelmed, and acc enjoy working, beacuse i feel better afterwards

no, looking at the schedule it made me more stressed

Yes, I feel a lot more comfortable with my assignments now. I used to feel like I was always behind, but with this schedule, I know exactly what I need to do each day and when.

i feel more well versed in my work, and acc undertand it. I feel less overwhelmed, because i work on project, assignments before they are due, making it so i can fell less stressed coming up to the due date.



i dont feel comfortable doing school work cause it makes me stressed even looking at it. i still feel overwhelmed

Yes because it helped me not procrastinate and work beneficially

no i feel the same, just a bit more of work every day

I feel less overwhelmed and more focused in school. I feel less drained and more active in my studies. This schedule made me less stressed and more productive.

This schedule did not really change me. I don't feel a difference in anything I do.



Has your procrastination levels increased or decreased with this study schedule?

21 responses

they have decreased, cuz i get whatever i need by following it, and feel motivation to follow it.

Decreased because i was forced to work at certain times

They stayed the same, especially because I was not really able to focus for that long

I think they increased because I am just push off doing the whole schedule which pushes me even more back

My procrastination levels decreased since I got my work done and got it over with

They have kinda gotten better in two weeks

decreased

decreased since it helped me work at certain times and actually lock in

My procrastination leveled have decreased since I have to do certain things at certain times

They stayed the same because the schedule made me feel more pressured to do more work

decreased somewhat

Nothing really

they have decreased, as i enjoy working now because i dont just stress abt it without doing it

increased, i pushed off following the schedule so much

Since everything is planned out, I just get it done when it's supposed to be done instead of procrastinating.

It has decreased. I like meeting deadlines, and by giving myself a certain amount of time to work, so i acc work in that time period lowering my procrastination levels.

increased because i put off doing the schedule

No they decreased since had to work properly and on time

they are the same



This schedule made me less procrastinate. Since I have a schedule I can plan out my day and be more organized. This schedule really helped me get things done.

Not really. I did feel productive but it will stay for a bit. It did not change the fact that I don't want to do my work.



How much did your spend on your phone before and after this study schedule?

21 responses

umm 2-3 hourss before and 2-3 hours now. i just stay up later

i spent less time, especially because i studied a lot

Less now

Before - 4 after - 4

Before - 6 after - 4

Umm 3-4 hours

i turn my phone off so i only check if needed

less, because i had to work at certain times

Before -5 hours after-2

The same so around 6 hours

before- 10 hours, after - 5 hours

4 hours and now around the same 3 and a half

before was 3-4 hours now is two or less

i used my phone less with this scedule because it made me feel guilty

Before, I'd spend hours on my phone, especially during study time. Now, I still use my phone, but after studying and not during breaks.

on scholl days - 4 to 5 before now its more like 2-3

more, since i procrastinated even more than before

Before 3 after 2

ist the same amount, cuz i use my ohone regardless of teh schdule. its 4-5 hours



Before I used 4 hours or more on my phone. After this schedule I have around 3 hours of screen time.

This schedule did change my screen time though. I am spending 30 minutes less on my phone after this schedule.



How do you feel in terms of your mental health and stress load? Please compare to before the schedule

21 responses

my stress load is decreased, cuz i break my tasks done into smaller ones and do them. I also dont focus on one subject at one time, so i dont fall behind.

i feel better, i think i was able to feel less stressed with the load of stress and it helped my mental health

Better, since I can manage my time bettwr

The same, this didn't really help with anything mentally

I feel good about my mental health and stress load especially since I get my work before hand

My stress is better because I do a bit of everything everyday so workload is less.

my stress load is getting netter as i work somewhat more efficiently. my meral health is the same, just less stress.n

i feel better because i was able to manage time better

I feel as if it's better because I am able to work without feeling overwhelmed

King of the same didn't really make difference

i feel better, it helped me with orginzing and helped me actually work

It's the same, there's no change

i fele better in terms of stress. most my mental helatg issues was regarding schoool stress, but now that has decreased

I feel like i was more stressed because i felt overwhelmed looking at the schedule

I feel way less stressed. Before, I was always anxious about schoolwork piling up. Now, I feel more balanced and have time to relax without worrying about deadlines.

i feel less stressed compared to before the schedule, as i'm doing everything slowly, and focusing on many subjects at in time, allowing ke toi to do smaller portions of everything rather than cramming.



i feel more stressed because, i feel like my list of things i need to do got a whole lot longer

It feels better since I was able to do my work more often and actually get it done on time

My stress load is the same and my mnetal health is also the same. I have my up and down days

I have less stressed and much more happier. This schedule gave me the time to take care of my self.

This schedule did not change my mental health. I still feel overwhelmed and stressed. This schedule did not make any difference in my perspective.



Are you more likely to do thing you enjoy with the help of this study schedule?

21 responses

yeahh i do fine. i can hangout a bit, but im not sure if its bc of the schedule

yes, i was able to do my work faster and more effeciantly, so i was able to enjoy more

Yes because I have more time for my self

Not really, since I procrastinated I wasn't able to make times for other things I like

Yes, because I got my work done and could do other things

Yess I can hangout lore with my family or friends.

yes

yes, i was able to go out more and spend more time with my family and friends

Yes, because I was able to get my work done quicker and more effectively

It's the same nothing difference

No most the time i studied and on breaks i watched my phone

Not really it's just there

kind of. sometimes i overdo it and dont do thing s i enjoy and just work, messing teh schedule up

no, i was not able to manage time affectivly

Since my schoolwork is more organized, I have more free time to do things I enjoy, like hanging out with friends

yes. i can spend more time with my family and friends.

not really, the schedule made me feel like i was under pressure to do good at school, so i pushed off doing things i like

Yes I had more free time cause I was able to get my work done before hand

yeah, because i dont follow the schedule fully



Yes. I am doing my hobbies and spending time with people important to me. This schedule gave me the time to do things I love.

Not really. I do have some extra time at the end of the day compared to when I did not have this schedule. Since I have some time it lets me rest but I never have the energy to get out of bed.



Do you feel less burned out, and have you seen an increase in your grades in the time frame that you used this study guide?

21 responses

i feel the same amount. my grades ar einreasing as i am doing the work, but i dont care for it as miuch as before i was burnt out.

yes, i feel more refreshed and less burnout and my grades have imporved

Kind of, because i was able to work for a bit and not towards the end

I think it's the same, honestly this didn't make a difference

I feel less burned out and I have seen a increase to my grades because I was able to get my work done quicker, and it was actually efficient

The smae but a bit less cuz im not alway panicking abt doing smth the night before.

less bruned out. no inrease or decrease in grades

i feel burned out because i feel as the work i did did not give me the amount of results i deserve

I feel less burned out, especially because I was able to actually lock in and get my work done quickly

I feel the same because it didn't really do anything

no, this scedule made me work hard in certain time frames which lead me to feeling burnout in the end

It's just whatever. I feel the same

i feel less bruned out. no increaswe in grades but way more confident

yes, i feel less burned out

Ifeel way less burned out. I can now keep up and my grades have improved a little since using the schedule.

I feel less burned out. in term sof grades, i put in more effort which in returmn will get me the grades i want and deserve.



no, i feel more burnt out since i had to do a lot of school work and it made me feel tired of school. my grades also did not do so well since i never wanted to do my work

I feel less burned out because I got my work done before hand and would finsih my work and actually be productive and not get distracted

I feel the smae amount of burned out. my grades are the same aa always.

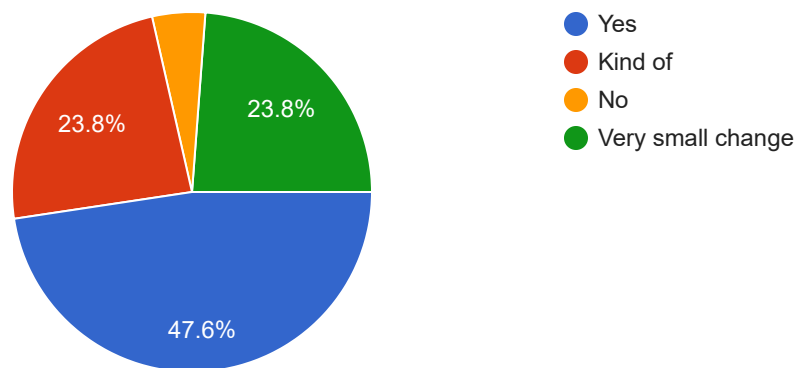
I felt less burnt out and I did see an increase in my grades. I did my work on time and did it more productively and efficiently.

I did not see an increase in my grades. They have been the same.

Have you been able to focus more on your work in school and at home in comparison to before?

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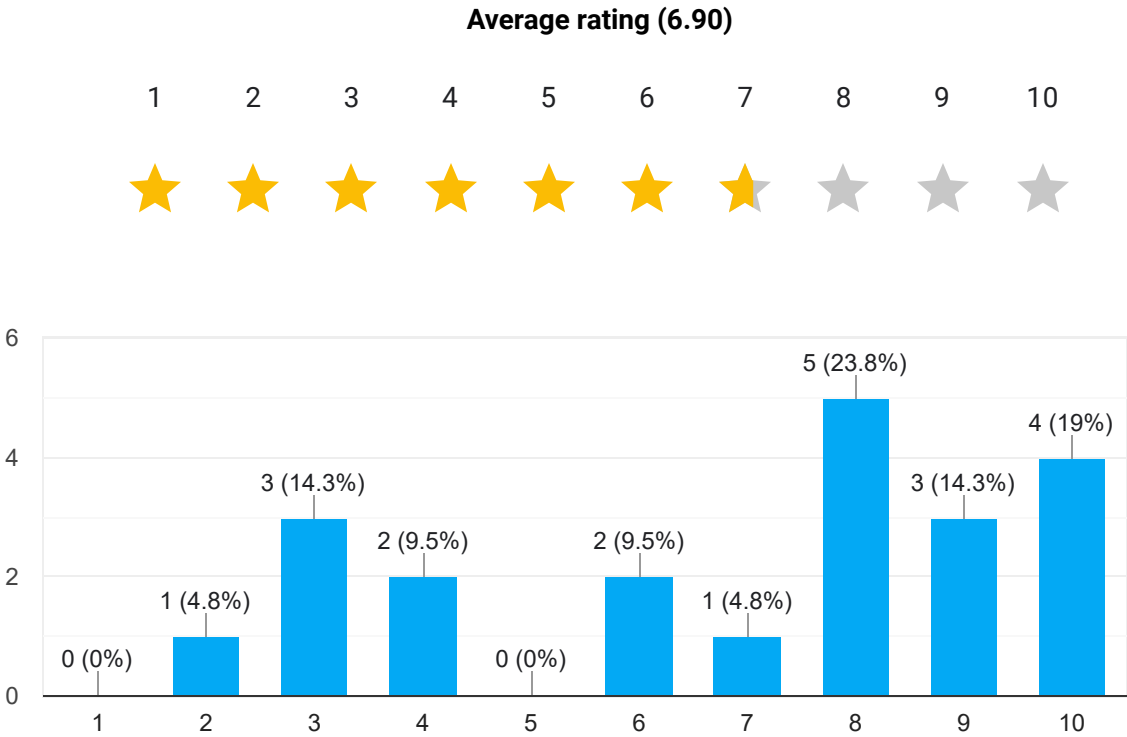
21 responses



Rate this study schedules efficiency from 1-10. 10 being the best and 1 being the worst.

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21 responses



Has your studying abilities increased after using this guideline schedule?

21 responses

kindof. still need more time

Yes, because i was able to focuse more, and actually lock in

It kind of have since I was able to work for longer times

Not really, it didn't make much of a difference

Yes they have because I could make a productive schedule and get my work done

Yes

yes it helps me uderstanding the concept better as i have a schedule allowing me to understand

yes, i was able to break down my work, focus more, effectivly study and get good grades

Yes, with this schedule I was able to have more productive study session rather then mindlessly a crossing on my phone

The y hand started the same I don't think I schedule would help with that

yes, i used new i got to find new techniques that helped me study

No

yesss. i acc properly study

yes, after being unfocused i locked the hell in

I've been able to stay more organized and have developed better study habits.

yess they have as i work more efficently. work smarter not harder.

it has decreased since it made me feel more stred and burnt out

Yes it helped I worked productively and efficiently

not really



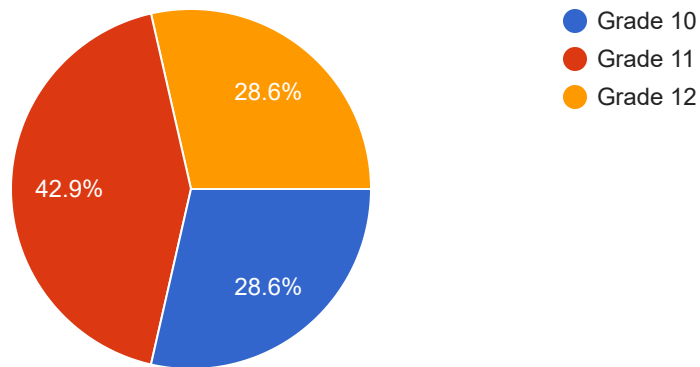
Yes. I learnt have learnt how to manage my time and get my work handed in on time.

No. I have not found a big change after this schedule.

What grade are you in?

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21 responses



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