**My Weekly Study Plan**

***Create a specific plan for each rotation, keeping in mind the reality of your schedule. Revisit this at the end of every week and make appropriate adjustments (see below)***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Source** | **Frequency** | **Retrieval** | **Spaced** | **Interleaved** | **Done? (y/n)** |
| **Questions** |  |  |  |  |  |  |
| **Reading** |  |  |  |  |  |  |
| **Clinical “on the spot” learning** |  |  |  |  |  |  |
| **Other?** |  |  |  |  |  |  |

**Weekly Self-Reflection – What worked?**

**What did I not accomplish?**

**What will I do differently next week? Adjust plan for next week**