<table>
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<th>Monday</th>
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<td><strong>JAN</strong></td>
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<td>13</td>
<td>14</td>
<td>15 Classes begin</td>
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<td>20 MILK Day Holiday</td>
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<td>23</td>
<td>24</td>
<td>25 Make-up class day</td>
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<tr>
<td>27 Drop no W by 4:30pm Add, change section, file grade exclusion by 4:30pm</td>
<td>28 CAS Workshop - 6pm Union Magnolia Room</td>
<td>29 CAS Workshop - 6pm Union Magnolia Room</td>
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<td>8 Make-up class day</td>
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<tr>
<td>24 Mardi Gras Holiday</td>
<td>25 Mardi Gras Holiday</td>
<td>26 Classes resume at 12:30pm</td>
<td>27</td>
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<td>29</td>
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<td>9</td>
<td>10 Midterm grades due CAS Workshop - 6pm Union Magnolia Room</td>
<td>11 CAS Workshop - 6pm Union Magnolia Room</td>
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<td>23 Spring Break begins</td>
<td>24 Spring Break</td>
<td>25 Spring Break</td>
<td>26 Spring Break</td>
<td>27 Spring Break</td>
<td>28 Spring Break</td>
<td>29 Spring Break Scheduling begins</td>
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<td>30 Classes resume</td>
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<td>6 Drop w/ W, resign, change final exam time when 3 are scheduled in 24 hours by 4:30pm</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10 Good Friday Holiday</td>
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<td>13</td>
<td>14 CAS Workshop - 6pm Union Magnolia Room</td>
<td>15 CAS Workshop - 6pm Union Magnolia Room</td>
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<td>27</td>
<td>28</td>
<td>29 Concentrated study</td>
<td>30 Concentrated study</td>
<td>1 Concentrated study</td>
<td>2 Concentrated study; last day of classes</td>
<td>3 Concentrated study</td>
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<td>4 Final exams</td>
<td>5 Final exams</td>
<td>6 Final exams</td>
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CENTER for ACADEMIC SUCCESS

PLAN FOR THE WEEK

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

7:00 7:30 8:00 8:30 9:00
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6:30 7:00 8:00 9:00 10:00
7:00 8:00 9:00 10:00 11:00

HABIT TRACKER

M T W R F S S

REFLECTIONS ON HOW THIS WEEK WENT

CENTER for ACADEMIC SUCCESS

The Center for Academic Success is a certified national LEarning Center of Excellence and the central learning center at LSU. CAS provides a cognitive-science based approach to student assistance and personalized success strategies.

SHELL TUTORIAL CENTER, 141 Middleton Library
9:30 a.m. - 7:00 p.m. Monday - Thursday
9:30 a.m. - 3:00 p.m. Friday
1:00 p.m. - 5:00 p.m. Sunday
Find walk-in tutoring in math, biology, physics, chemistry, accounting, select foreign languages, economics, and other courses, as well as computers for independent use. CAS also sponsors access to online tutoring and a tutor-for-hire matching service.

SUPPLEMENTAL INSTRUCTION (SI)
CAS offers peer-led, weekly group study for select historically difficult courses. Master course concepts, develop test-taking skills, and learn more efficient study strategies.

Find more information at lsu.edu/si.

STUDY PREP REWIEV

CAS PRESENTATIONS AND WORKSHOPS
The CAS Signature Series is a workshop series that addresses common challenges students face. By learning proven academic success strategies, students can gain the tools they need to maximize their academic performance.

If the CAS Signature Series does not fit faculty needs, the Center for Academic Success can provide a customized in-class presentation. For more information, visit lsu.edu/cas.

ORGANIZE YOUR WEEKLY PLANNER

1. SETTING UP YOUR SEMESTER CALENDAR
   Transfer due dates from each syllabus (exams, quizzes, projects, and papers)

2. ADD SOCIAL, FAMILY, AND WORK COMMITMENTS (family events, holidays, sports, trips, and cultural events)

3. ORGANIZING YOUR WEEKLY PLANNER
   Add fixed commitments (classes, weekly social/organizational meetings, work, meals, exercise, etc.)

   ADD TIME FOR THE STUDY CYCLE
   Schedule several 35-50 minute blocks for concentrated study on a particular subject

   SCHEDULE RECREATIONAL BREAKS
   Schedule breaks to balance your schedule. Find time to relax, read, or sleep.

   ADJUST AS NEEDED
   Use the habit tracker to keep track of your progress

   MANAGE YOUR ENERGY
   Use your sleep habits, study habits, and social activities to set your schedule

FOCUSED STUDY SESSIONS
Focused study sessions (FSS) are designed to work with the way your brain learns best:

1. PLAN
   Decide what you will accomplish in your study session and get started.
   (Suggested time: 1 - 2 minutes)

2. STUDY
   Interact with material: organize, concept map, summarize, process, re-read.
   (Suggested time: 30 - 50 minutes)

3. BREAK
   Step away from material to clear your head.
   (Suggested time: 5 - 10 minutes)

4. RECAP
   Go back over, summarize, wrap-up, and check what you studied.
   (Suggested time: 5 minutes)

   • Should I continue studying?
   • Should I take a break?
   • Should I change tasks or subject?

5. CHOOSE
   Decide what you will accomplish in your study session and get started.
   (Suggested time: 1 - 2 minutes)

Adapted from Frank Christ's PLRS system. ©2015 Louisiana State University, Center for Academic Success.

PLANNER SPRING 2020
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cas@lsu.edu
lsu.edu/cas

Center of Excellence and the central learning center at LSU. CAS provides a cognitive-science based approach to student assistance and personalized success strategies.