**Weekly Goals**

**Monday 31 May**
- *Batyr international students’ exam prep*

**Tuesday 1 June**
- *Baking on a budget*
- *Tips for taking online exams*

**Wednesday 2 June**
- *Meet the Library online*
- *Mindfulness session*
- *Meet the Library online*

**Thursday 3 June**
- *Focus & Study*
- *Meet the Library online*
- *Plan your Exam Ready*

**Friday 4 June**
- *Coffee & Croissants*
- *Focus & Study*
- *Mindfulness*
- *Meet the Library online*

**Weekend 5-6 June**
- Weekly Goals

**7-13 June**

**Monday 7 June**
- *Meet the Library online*

**Tuesday 8 June**
- *Focus & Study*
- *Mindfulness*
- *Meet the Library online*

**Wednesday 9 June**
- *Focus & Study*
- *Meet the Library online*

**Thursday 10 June**
- *Coffee & Croissants*
- *Focus & Study*
- *Mindfulness*

**Friday 11 June**
- *Meet the Library online*

**Weekend 12-13 June**
- Weekly Goals

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**Daily self-care - 31 May - 6 June**

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**Drink water - 31 May - 6 June**

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**Thursday 3 June**
- *Focus & Study*
- *Meet the Library online*

**Friday 4 June**
- *Coffee & Croissants*
- *Focus & Study*
- *Mindfulness*

**Weekend 5-6 June**
- Weekly Goals

**Drink water - 7-13 June**

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**Daily self-care - 7-13 June**

**Self-care pro tips**

1. **Sleep**
   - Get to bed and wake up at the same time each day. Avoid caffeine and have wind-down time before bed.

2. **Eat**
   - Have 3 healthy meals each day and healthy snacks. Treat yourself with something delicious and healthy.

3. **Get outside**
   - Get a little time outside each day. Enjoy the fresh air and sunshine.

4. **Drink**
   - Drink at least 8 cups of water a day. Colour in a droplet in the planner each time you do.

5. **Relax**
   - Take some time out for you. Do something each day that makes you happy.

6. **Connect**
   - Take some time to chat with someone else each day. You can meet new people at Coffee and Croissants.

7. **Move**
   - Do 30-60 mins of physical activity daily.
### Daily self-care 14-20 June

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**Questions**

- How many minutes did you exercise?
- What did you enjoy doing?
- How many healthy meals did you have?
- Who did you talk to?
- Did you go outside?
- What time did you go to sleep?

### Weekly Goals 14-20 June

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### Drink water 14-20 June

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### Tips

1. **Exam Schedule**
   - Write your exam dates and times in the planner. Try to block out some time before each exam to relax.

2. **Plan ahead**
   - Use your exam dates to work backwards. Write your goals for each week. Next, break them up into smaller tasks for each day.

3. **Mark things as complete**
   - When tasks and goals are complete you can cross them out or tick them off. Give yourself a pat on the back and be proud of each one you tick off!

Find out about events and support at sydney.edu.au/library/exam-ready

### Positive Vibes

Be kind to yourself. Write yourself messages of encouragement here.

Check out our online positivity wall from 31May to connect with your peers bit.ly/USYDPositiveVibes

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**Image from inkmandala.com**