

Planner

24

25

About This Planner

This planner belongs to:

Leiden University College is a place where you can create your own learning journeys. It is full of opportunities for you to choose from. But it can be challenging to navigate through these decisions. For this reason, Learning Mindset together with LUC staff and students, designed a LUC planner with some functions and tools that help you to take charge of your learning and learning journeys.

Some functions you may recognize from other agendas, like planning your weeks, Blocks and to-do's. **The planner follows your academic year** and each LUC Block has its own color:

Block 1 Block 2 Block 3 Block 4 Breaks

But we have also added elements that make this planner **unique**:

We have space reserved for you to **reflect** on what you want to get out of the year, the block, and your specific courses. There is a section for follow-up reflection on how it went for you.

We have included some tools to help you **choose and organize** your courses with a course schedule page and an assignments block schedule.

Finally, and arguably most uniquely, we have included **prompts** every week (top-right corner of each week's spread) that challenge you to engage with the cycle of learning: goal setting, practice, feedback, and generating next steps. We believe that if you engage with these weekly questions and do these easy and fun exercises, by the end of the year you will have made tremendous progress in developing key life and learning skills. And more importantly, you will have learned a lot about yourself in the process. Give it a try! We think you will be amazed at the results.

To learn more about the power of autonomous learning and our method for achieving it, visit: www.learningmindset.org

Useful Numbers

Medical and Safety

On-Campus Accidents

Call the ground floor reception for assistance: 070 800 94 60

Local Police Office (non-life-threatening)

0900 - 8844 Address: Vlaskamp 1, The Hague

Urgent After-Hours Doctor

for non-life-threatening medical care that cannot wait until office hours:
Hadoks: 070 346 96 69 (Costs will be charged on your medical insurance)

Suicide Prevention

113 or 0800 - 0113 (free and anonymous, open 24/7)

Sexual Assault Center

0800 - 0188 (free and anonymous, open 24/7)

LUC Student Support

RA on call during term time (weekdays 7pm-8am, weekends any time: 06-28287992)

Building

On-Campus Issues

Call the ground floor reception for assistance: 070 800 95 07

In case of emergencies call 070 800 94 60

Building owner's contractor after hours emergency number: 088 186 94 80

For non-urgent requests: contact RA on call during term time: 06-28287992

Clogged Drains

Riool Reinigings Service RRS: 070 336 88 88

Urgent Repairs

DUWO Vastgoed service: 015 251 67 00

Need Help?

Problem

Who can help?

Repairs in your room

You can request a repair through DUWO. To do this scan the QR code in the elevators.

Laundry machine not working

Try pressing "7" until it works.
If it's still broken, contact Vastgoed service:
+31152516700
info@vastgoed service.nl

Internet not working

Try to turn it off and on again. If it's still not working, contact the IT desk:
+31884117788
support@ittdesk.nl

Contract/rent issues

Contact DUWO through the form or phone number on www.duwo.nl

Issues with course load, extenuating circumstances, study plan, absences, etc.

Email the study advisor or make an appointment at
studyadvisor@luc.leidenuniv.nl

Issues with mental health and wellbeing

Contact your RA (RA on call: 06-28287992), the Student Life Counsellors (slc@luc.leidenuniv.nl) or the Student Life Officer (slo@luc.leidenuniv.nl)

Dutch bureaucracy (e.g. applying for benefits/ tax waivers)

Visit <http://uniaid.wixsite.com/website> for instructions on how to apply for benefits.
Visit <https://jiphaaglanden.nl/en/> for help with financial and bureaucratic matters.

Academic Year 24/25

- Block 1
- Block 2
- Block 3
- Block 4
- Break
- Holidays*

September

M	T	W	T	F	S	S
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

October

M	T	W	T	F	S	S
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03
04	05	06	07	08	09	10

November

M	T	W	T	F	S	S
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	01
02	03	04	05	06	07	08

December

M	T	W	T	F	S	S
25	26	27	28	29	30	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	01	02	03	04	05

January

M	T	W	T	F	S	S
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	01	02
03	04	05	06	07	08	09

February

M	T	W	T	F	S	S
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	01	02
03	04	05	06	07	08	09

March

M	T	W	T	F	S	S
24	25	26	27	28	01	02
03	04	05	07	08	08	09
10	11	12	14	15	15	16
17	18	19	21	22	22	23
24	25	26	27	28	29	30
31	01	02	03	04	05	06

April

M	T	W	T	F	S	S
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04
05	06	07	08	09	10	11

May

M	T	W	T	F	S	S
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	14	15	15	16	17	18
19	21	22	22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08

June

M	T	W	T	F	S	S
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

July

M	T	W	T	F	S	S
30	01	02	03	04	05	06
06	08	09	10	11	14	15
15	15	16	17	18	21	22
22	22	23	24	25	27	28
28	29	30	31	01	02	03
04	05	07	08	08	09	10

August

M	T	W	T	F	S	S
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
01	02	03	04	05	06	07

*or closure days

Intro Week

Monday	Tuesday	Wednesday	Thursday
12	13	14 Move-in day	15 Move-in day
To-do:	To-do:	To-do:	To-do:

What are the good habits you want to keep, bad habits you want to kick, and new habits you would like to develop this academic year?

August '24

Friday	Saturday	Sunday	Notes
16 Start of Intro Week	17	18	
To-do:	To-do:	To-do:	

Intro Week

Monday	Tuesday	Wednesday	Thursday
19	20	21	22
To-do:	To-do:	To-do:	To-do:

How would you describe the person you want to be one year from now?

August '24

Friday	Saturday	Sunday	Notes
23	24	25	
To-do:	To-do:	To-do:	

Block 1

Monday	Tuesday	Wednesday	Thursday
Aug 26	27	28	29
02	03	04	05
09	10	11	12
16	17	18	19
23	24	25	26
30	Oct 01	02	03 Leiden Relief
07	08	09	10
14	15	16	17
21	22	23	24

Friday	Saturday	Sunday
30	31	Sep 01
06	07	08
13	14	15
20	21	22
27	28	29
04	05	06
11	12	13
18	19	20
25	26	27

- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Break

Class Schedule

Monday

Tuesday

09:15
- 11:00

Room:

Room:

11:15
- 13:00

Room:

Room:

13:15
- 15:00

Room:

Room:

15:15
- 17:00

Room:

Room:

17:15
- 19:00

Room:

Room:

Wednesday

Thursday

Friday

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Make This Course Your Own

To help you get the most out of your courses, on these pages you can think about what **you** want to get out of your courses.

Course

Why did you choose it?

What do you want to learn from this course?

Block 1 Assignments

Here we created some space to get the assignments out of your head and on the paper. This way you can make sure that you start in time and never miss a deadline. Good luck, you got this!

Assignment

Deadline

Week 1:

Week 2:

Week 3:

Week 4:

Assignment

Deadline

Week 5:

Week 6:

Week 7:

Week 8:

Monday	Tuesday	Wednesday	Thursday
26	27	28	29
To-do:	To-do:	To-do:	To-do:

On a blank page, write down all the things you have to do - short-term and long-term. Try to fill the page with as many things as possible.

Friday	Saturday	Sunday	Notes
30	31	01	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
02	03	04	05
To-do:	To-do:	To-do:	To-do:

Can you describe two different versions of yourself in 10 years that both would make you happy and proud?

Friday	Saturday	Sunday	Notes
06	07	08	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
09	10	11	12
To-do:	To-do:	To-do:	To-do:

Choose a skill that is important to you and highlight all your strengths and weaknesses: what would be the next thing you want to learn?

Friday	Saturday	Sunday	Notes
13	14	15	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
16	17	18	19
To-do:	To-do:	To-do:	To-do:

When was the last time you took a risk and learned something? Describe it.

Friday	Saturday	Sunday	Notes
20	21	22	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
23	24	25	26
To-do:	To-do:	To-do:	To-do:

What was your most recent failure? Did you learn from it? What did you learn?

Friday	Saturday	Sunday	Notes
27	28	29	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
30	01	02	03 Leiden Relief
To-do:	To-do:	To-do:	To-do:

Think again about your most recent failure - how did you feel when it happened? Is that how you would like to feel about failing?

Friday	Saturday	Sunday	Notes
04 Holiday	05	06	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
07	08	09	10
To-do:	To-do:	To-do:	To-do:

Choose something you want to get better at and ask a generative AI how you can assess your progress towards this goal.

Friday	Saturday	Sunday	Notes
11	12	13	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
14	15	16	17
To-do:	To-do:	To-do:	To-do:

While navigating all your deadlines, try to see the assignments as opportunities for you to learn - not just performance moments to get an A.

Friday	Saturday	Sunday	Notes
18	19	20	
To-do:	To-do:	To-do:	

Make This Course Your Own

At the beginning of the block you set your own learning objectives for your courses. Now it's time to look back and reflect!

Course

How did it go?

What are your main takeaways from this course?

Take-aways

How did the block go for you?

What do you take away to the next block?

Monday	Tuesday	Wednesday	Thursday
(21)	(22)	(23)	(24)
To-do:	To-do:	To-do:	To-do:

While you're unwinding, make a list of the things you want to do this month and rank them in order of priority.

Friday	Saturday	Sunday	Notes
(25)	(26)	(27)	
To-do:	To-do:	To-do:	

Block 2

Monday	Tuesday	Wednesday	Thursday
Oct 28	29	30	31
04	05	06	07
11	12	13	14
18	19	20	21
25	26	27	28
02	03	04	05
09	10	11	12
16	17	18	19
23	24	25	26

Friday	Saturday	Sunday
Nov 01	02	03
08	09	10
15	16	17
22	23	24
29	30	Dec 01
06	07	08
13	14	15
20	21	22
27	28	29

- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Break

Class Schedule

Monday

Tuesday

09:15
- 11:00

Room:

Room:

11:15
- 13:00

Room:

Room:

13:15
- 15:00

Room:

Room:

15:15
- 17:00

Room:

Room:

17:15
- 19:00

Room:

Room:

Wednesday

Thursday

Friday

Room:

Room:

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Room:

Room:

Make This Course Your Own

To help you get the most out of your courses, on these pages you can think about what **you** want to get out of your courses.

Course

Why did you choose it?

What do you want to learn from this course?

Block 2 Assignments

Here we created some space to get the assignments out of your head and on the paper. This way you can make sure that you start in time and never miss a deadline. Good luck, you got this!

Assignment

Deadline

Week 1:

Week 2:

Week 3:

Week 4:

Assignment

Deadline

Week 5:

Week 6:

Week 7:

Week 8:

Monday	Tuesday	Wednesday	Thursday
28	29	30	31
To-do:	To-do:	To-do:	To-do:

Pick one of your goals and explore your sources of motivation by asking: why do I want this? Try asking "Why?" at least 5 times.

Friday	Saturday	Sunday	Notes
01	02	03	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
04	05	06	07
To-do:	To-do:	To-do:	To-do:

Think of three things you are prioritising this week, and ask why?
Continue asking "Why?" until you stop getting new answers.

Friday	Saturday	Sunday	Notes
08	09	10	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
⑪	⑫	⑬	⑭
To-do:	To-do:	To-do:	To-do:

List one adjective that describes how you want to be next week. Turn it into the question: "how can I be more [adjective] next week?" and answer it.

Friday	Saturday	Sunday	Notes
⑮	⑯	⑰	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
18	19	20	21
To-do:	To-do:	To-do:	To-do:

Think of a goal that you have and make it SMART by specifying it further, making it measurable, and giving it a deadline.

Friday	Saturday	Sunday	Notes
22	23	24	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
(25)	(26)	(27)	(28)
To-do:	To-do:	To-do:	To-do:

On a blank page, write down all your goals for this semester, and try to connect those that are related to each other. Can you identify patterns?

Friday	Saturday	Sunday	Notes
(29)	(30)	(01)	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
02	03	04	05
To-do:	To-do:	To-do:	To-do:

Describe the finishing line for one of your goals. When is it done and how will you celebrate your achievements?

Friday	Saturday	Sunday	Notes
06	07	08	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
09	10	11	12
To-do:	To-do:	To-do:	To-do:

It is important to know when to "fold" - know when to quit. Is there something in your life that you should quit, right now?

Friday	Saturday	Sunday	Notes
13	14	15	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
16	17	18	19
To-do:	To-do:	To-do:	To-do:

Think of the goals you are trying to achieve this reading week. What are the obstacles that stand in your way? How can you get past them?

Friday	Saturday	Sunday	Notes
20	21	22	
To-do:	To-do:	To-do:	

Make This Course Your Own

At the beginning of the block you set your own learning objectives for your courses. Now it's time to look back and reflect!

Course

How did it go?

What are your main takeaways from this course?

Take-aways

How did the block go for you?

What do you take away to the next block?

Winter

Break

Monday Tuesday Wednesday Thursday

Dec 23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
30	31 New Year's Eve	Jan 01 New Year	02
06	07	08	09
13	14	15	16
20	21	22	23
27	28	29	30

Friday Saturday Sunday

27	28	29
03	04	05
10	11	12
17	18	19
24	25	26
31	Feb 01	02

Winter Break

Monday	Tuesday	Wednesday	Thursday
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
To-do:	To-do:	To-do:	To-do:

Happy Holidays! Try to remind yourself of all the good things in your life.

December '24

Friday	Saturday	Sunday	Notes
27	28	29	
To-do:	To-do:	To-do:	

Winter Break

Monday	Tuesday	Wednesday	Thursday
30	31 New Year's Eve	01 New Year's Day	02
To-do:	To-do:	To-do:	To-do:

Pick one of your New-Year's Resolutions and ask a friend how they were successful in achieving it. Can you learn from their example?

January '25

Friday	Saturday	Sunday	Notes
03	04	05	
To-do:	To-do:	To-do:	

Winter Break

Monday	Tuesday	Wednesday	Thursday
06	07	08	09
To-do:	To-do:	To-do:	To-do:

Do you think you are good at assessing yourself? Do you have blindspots or obvious biases?

January '25

Friday	Saturday	Sunday	Notes
10	11	12	
To-do:	To-do:	To-do:	

Winter Break

Monday	Tuesday	Wednesday	Thursday
13	14	15	16
To-do:	To-do:	To-do:	To-do:

Try doing absolutely nothing once in a while, really truly nothing. How does it feel?

January '25

Friday	Saturday	Sunday	Notes
17	18	19	
To-do:	To-do:	To-do:	

Winter Break

Monday	Tuesday	Wednesday	Thursday
20	21	22	23
To-do:	To-do:	To-do:	To-do:

When was the last time you really learned something from feedback you received? Why did this feedback help you?

January '25

Friday	Saturday	Sunday	Notes
24	25	26	
To-do:	To-do:	To-do:	

Winter Break

January '25

Monday	Tuesday	Wednesday	Thursday
27	28	29	30
To-do:	To-do:	To-do:	To-do:

Do you carefully record and process your teachers' feedback? Why or why not? Under what conditions?

February '25

Friday	Saturday	Sunday	Notes
31	01	02	
To-do:	To-do:	To-do:	

Which Courses Should I Take?

Here is some space for you to think about the courses you want to take. Which courses do you want to take? Which courses do you need to take? Are there any courses that you want to take now so you can take other courses later?

Block 3

Monday	Tuesday	Wednesday	Thursday
Feb 03	04	05	06
10	11	12	13
17	18	19	20
24	25	26	27
03	04	05	06
10	11	12	13
17	18	19	20
24	25	26	27
31	Apr 01	02	03

Friday	Saturday	Sunday
07	08	09
14	15	16
21	22	23
28	Mar 01	02
07	08	09
14	15	16
21	22	23
28	29	30
04	05	06

- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Break

Class Schedule

Monday

Tuesday

**09:15
- 11:00**

Room:

Room:

**11:15
- 13:00**

Room:

Room:

**13:15
- 15:00**

Room:

Room:

**15:15
- 17:00**

Room:

Room:

**17:15
- 19:00**

Room:

Room:

Wednesday

Thursday

Friday

Room:

Room:

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Room:

Room:

Make This Course Your Own

To help you get the most out of your courses, on these pages you can think about what **you** want to get out of your courses.

Course

Why did you choose it?

What do you want to learn from this course?

Block 3 Assignments

Here we created some space to get the assignments out of your head and on the paper. This way you can make sure that you start in time and never miss a deadline. Good luck, you got this!

Assignment

Deadline

Week 1:

Week 2:

Week 3:

Week 4:

Assignment

Deadline

Week 5:

Week 6:

Week 7:

Week 8:

Monday	Tuesday	Wednesday	Thursday
03	04	05	06
To-do:	To-do:	To-do:	To-do:

Do you use generative AI to give you feedback on your work? What are its strengths and weaknesses in generating feedback?

Friday	Saturday	Sunday	Notes
07	08	09	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
⑩	⑪	⑫	⑬
To-do:	To-do:	To-do:	To-do:

Think of a future activity that you want to do really well. Map out all the ways in which you could generate, and ask for, feedback.

Friday	Saturday	Sunday	Notes
⑭	⑮	⑯	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
17	18	19	20
To-do:	To-do:	To-do:	To-do:

What was your most recent failure? How did you feel when it happened?
What did you learn from it?

Friday	Saturday	Sunday	Notes
21	22	23	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
24	25	26	27
To-do:	To-do:	To-do:	To-do:

Identify something you want to improve about your writing. How can you practice this? Ask a friend, teacher, Google, or AI.

Friday	Saturday	Sunday	Notes
28	01	02	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
03	04	05	06
To-do:	To-do:	To-do:	To-do:

What is the next writing assignment you have? Find examples of this kind of assignment and try to learn from them.

Friday	Saturday	Sunday	Notes
07	08	09	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
⑩	⑪	⑫	⑬
To-do:	To-do:	To-do:	To-do:

Think again about your most recent failure - what could you practice to prevent it in future?

Friday	Saturday	Sunday	Notes
⑭	⑮	⑯	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
17	18	19	20
To-do:	To-do:	To-do:	To-do:

How can you most effectively reward yourself for working on your goals?

Friday	Saturday	Sunday	Notes
21	22	23	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
24	25	26	27
To-do:	To-do:	To-do:	To-do:

Try planning your reading week together with a friend. It will help you stick to your commitments and make studying more fun.

Friday	Saturday	Sunday	Notes
28	29	30	
To-do:	To-do:	To-do:	

Make This Course Your Own

At the beginning of the block you set your own learning objectives for your courses. Now it's time to look back and reflect!

Course

How did it go?

What are your main takeaways from this course?

Take-aways

How did the block go for you?

What do you take away to the next block?

Monday	Tuesday	Wednesday	Thursday
31	01	02	03
To-do:	To-do:	To-do:	To-do:

Try to share a goal you have with others, to commit yourself to working towards it.

Friday	Saturday	Sunday	Notes
04	05	06	
To-do:	To-do:	To-do:	

Block 4

Monday	Tuesday	Wednesday	Thursday
Apr 07	08	09	10
14	15	16	17
Easter Monday	22	23	24
28	29	30	May 01
Liberation Day	06	07	08
12	13	14	15
19	20	21	22
26	27	28	Ascension
02	03	04	05

Friday	Saturday	Sunday
11	12	13
Good Friday	Holy Saturday	Easter Sunday
25	Kingsday	27
02	03	04
09	10	11
16	17	18
23	24	25
Ascension	31	Jun 01
06	07	Whitsun

- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Week 9

Class Schedule

Monday

Tuesday

**09:15
- 11:00**

Room:

Room:

**11:15
- 13:00**

Room:

Room:

**13:15
- 15:00**

Room:

Room:

**15:15
- 17:00**

Room:

Room:

**17:15
- 19:00**

Room:

Room:

Wednesday

Thursday

Friday

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Room:

Make This Course Your Own

To help you get the most out of your courses, on these pages you can think about what **you** want to get out of your courses.

Course

Why did you choose it?

What do you want to learn from this course?

Block 4 Assignments

Here we created some space to get the assignments out of your head and on the paper. This way you can make sure that you start in time and never miss a deadline. Good luck, you got this!

Assignment

Deadline

Week 1:

Week 2:

Week 3:

Week 4:

Assignment

Deadline

Week 5:

Week 6:

Week 7:

Week 8:

Week 9:

Monday	Tuesday	Wednesday	Thursday
07	08	09	10
To-do:	To-do:	To-do:	To-do:

What are bad habits you want to get rid of this block?

Friday	Saturday	Sunday	Notes
11	12	13	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
14	15	16	17
To-do:	To-do:	To-do:	To-do:

Do you stack your habits, attach new habits to old ones? For example, reading the news while eating your breakfast? Can you think of a new stack you'd like?

Friday	Saturday	Sunday	Notes
18 Good Friday	19 Easter Saturday	20 Easter Sunday	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
21 Easter Monday	22	23	24
To-do:	To-do:	To-do:	To-do:

Can you find a buddy with whom you can pursue a shared goal together?
How can you support each other?

Friday	Saturday	Sunday	Notes
25	26	27 King's day	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
28	29	30	01
To-do:	To-do:	To-do:	To-do:

Are you tracking your habits ? Give it a shot!

Friday	Saturday	Sunday	Notes
02	03	04	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
05 Liberation Day	06	07	08
To-do:	To-do:	To-do:	To-do:

Think of the last time you received some critical feedback. Were you open to it?
What do you need to be more open?

Friday	Saturday	Sunday	Notes
09	10	11	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
12	13	14	15
To-do:	To-do:	To-do:	To-do:

How does feedback make you feel? First describe an example of your emotional reaction to positive feedback, then negative.

Friday	Saturday	Sunday	Notes
16	17	18 Whitsun	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
19	20	21	22
To-do:	To-do:	To-do:	To-do:

How do you think you *should* feel about negative feedback? Why?

Friday	Saturday	Sunday	Notes
23	24	25	
To-do:	To-do:	To-do:	

Monday	Tuesday	Wednesday	Thursday
(26)	(27)	(28)	(29) Accession
To-do:	To-do:	To-do:	To-do:

Try explicitly using feedback you have received before to improve your assignments this Reading Week.

Friday	Saturday	Sunday	Notes
(30) Accession	(31)	(01)	
To-do:	To-do:	To-do:	

Make This Course Your Own

At the beginning of the block you set your own learning objectives for your courses. Now it's time to look back and reflect!

Course

How did it go?

What are your main takeaways from this course?

Take-aways

How did the block go for you?

What do you take away to next year?

Monday	Tuesday	Wednesday	Thursday
02	03	04	05
To-do:	To-do:	To-do:	To-do:

Would it help you to collect all feedback you got this year in one place so that you can use it again next year?

Friday	Saturday	Sunday	Notes
06	07	08	
To-do:	To-do:	To-do:	

Summer

Break

Monday Tuesday Wednesday Thursday

June 09	10	11	12
Whitsun			
16	17	18	19
23	24	25	26
30	Jul 01	02	03
07	08	09	10
14	15	16	17
21	22	23	24
28	29	30	31
04	05	06	07
11	12	13	14
18	19	20	21

Friday Saturday Sunday

13	14	15
20	21	22
27	28	29
04	05	06
11	12	13
18	19	20
25	26	27
Aug 01	02	03
08	09	10
15	16	17
22	23	24

Summer Break

Monday	Tuesday	Wednesday	Thursday
09	10	11	12
To-do:	To-do:	To-do:	To-do:

Summer break! Take a blank piece of paper and write down all your feelings about the past year in university.

June '25

Friday	Saturday	Sunday	Notes
13	14	15	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
16	17	18	19
To-do:	To-do:	To-do:	To-do:

Is there anything you want to learn this summer? How will you learn it?

June '25

Friday	Saturday	Sunday	Notes
20	21	22	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
23	24	25	26
To-do:	To-do:	To-do:	To-do:

Try to spend some time doing absolutely nothing this week. No distractions, just... nothing. How does it feel?

June '25

Friday	Saturday	Sunday	Notes
27	28	29	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
30	01	02	03
To-do:	To-do:	To-do:	To-do:

Do you think you have enough time to achieve everything you find important in life? If not, what does that mean?

July '25

Friday	Saturday	Sunday	Notes
04	05	06	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
07	08	09	10
To-do:	To-do:	To-do:	To-do:

Think of a goal that you had last academic year. How did it go? Do you want to keep at it? Why or why not?

July '25

Friday	Saturday	Sunday	Notes
11	12	13	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
14	15	16	17
To-do:	To-do:	To-do:	To-do:

Think of a goal that you had during the last academic year, what strategies did you try to make progress? Do you want to change your strategy for next year?

July '25

Friday	Saturday	Sunday	Notes
18	19	20	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
21	22	23	24
To-do:	To-do:	To-do:	To-do:

Think of a goal that you had during last academic year, how did you get feedback on your progress? Do you want to improve the feedback you get? How?

July '25

Friday	Saturday	Sunday	Notes
25	26	27	
To-do:	To-do:	To-do:	

Summer Break

July '25

Monday	Tuesday	Wednesday	Thursday
28	29	30	31
To-do:	To-do:	To-do:	To-do:

Think of a goal that you achieved this month. What larger wish was it contributing to? Do you have another goal to get closer to this wish?

August '25

Friday	Saturday	Sunday	Notes
01	02	03	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
04	05	06	07
To-do:	To-do:	To-do:	To-do:

Have any of your wishes or aspirations or goals changed over the last year?
What has changed, and what has stayed the same?

August '25

Friday	Saturday	Sunday	Notes
08	09	10	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
⑪	⑫	⑬	⑭
To-do:	To-do:	To-do:	To-do:

The new academic year is coming up soon. Take time to rest, check in with yourself about your priorities, and do what you love.

August '25

Friday	Saturday	Sunday	Notes
⑮	⑯	⑰	
To-do:	To-do:	To-do:	

Summer Break

Monday	Tuesday	Wednesday	Thursday
18	19	20	21
To-do:	To-do:	To-do:	To-do:

August '25

Friday	Saturday	Sunday	Notes
22	23	24	
To-do:	To-do:	To-do:	

Notes

Two blank white pages for taking notes, separated by a vertical line.

Notes

Two blank white pages for taking notes, separated by a vertical line.

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Notes

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Attributions

This planner is a co-production by the Learning Mindset and LUC staff. The following people worked on the content and design (in alphabetical order): Caroline Archambault, Svea Braun, Daniela van der Brink, David Ehrhardt, Alina Mueller, Lenore Todd, and Charlotte Turksma. Its development was co-funded by Leiden University College and the Learning Mindset.

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