

Planner

24

25

This planner belongs to:

.....

About This Planner

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 VastgoedService:
+31152516700
info@vastgoedService.nl

Internet not working

Try to turn it off and on again. If it's still not working, contact the ITT 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 3	 Break
 Block 2	 Block 4	 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

*or closure days

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

Intro Week

Monday

12

To-do:

Tuesday

13

To-do:

Wednesday

14

Move-in day

To-do:

Thursday

15

Move-in day

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

16

Start of Intro Week

To-do:

Saturday

17

To-do:

Sunday

18

To-do:

Notes

Intro Week

Monday

19

To-do:

Tuesday

20

To-do:

Wednesday

21

To-do:

Thursday

22

To-do:

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

August '24

Friday

23

Saturday

24

Sunday

25

Notes

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

26

To-do:

Tuesday

27

To-do:

Wednesday

28

To-do:

Thursday

29

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.

September '24

Friday

30

Saturday

31

Sunday

01

Notes

To-do:

To-do:

To-do:

Blank space for writing tasks for Friday.

Blank space for writing tasks for Saturday.

Blank space for writing tasks for Sunday.

Blank space for writing notes.

Monday

02

To-do:

Tuesday

03

To-do:

Wednesday

04

To-do:

Thursday

05

To-do:

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

September '24

Friday

06

Saturday

07

Sunday

08

Notes

To-do:

To-do:

To-do:

Monday

09

To-do:

Tuesday

10

To-do:

Wednesday

11

To-do:

Thursday

12

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?

September '24

Friday

13

Saturday

14

Sunday

15

Notes

To-do:

To-do:

To-do:

Monday

16

To-do:

Tuesday

17

To-do:

Wednesday

18

To-do:

Thursday

19

To-do:

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

September '24

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

Monday

23

To-do:

Tuesday

24

To-do:

Wednesday

25

To-do:

Thursday

26

To-do:

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

September '24

Friday

27

To-do:

Saturday

28

To-do:

Sunday

29

To-do:

Notes

Monday

30

To-do:

Tuesday

01

To-do:

Wednesday

02

To-do:

Thursday

03

Leiden Relief

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?

October '24

Friday

04

Holiday

To-do:

Saturday

05

To-do:

Sunday

06

To-do:

Notes

Monday

07

To-do:

Tuesday

08

To-do:

Wednesday

09

To-do:

Thursday

10

To-do:

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

October '24

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

Monday

14

To-do:

Tuesday

15

To-do:

Wednesday

16

To-do:

Thursday

17

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.

October '24

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

21

To-do:

Tuesday

22

To-do:

Wednesday

23

To-do:

Thursday

24

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.

October '24

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:	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 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

28

To-do:

Tuesday

29

To-do:

Wednesday

30

To-do:

Thursday

31

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.

November '24

Friday

01

Saturday

02

Sunday

03

Notes

To-do:

To-do:

To-do:

Monday

04

To-do:

Tuesday

05

To-do:

Wednesday

06

To-do:

Thursday

07

To-do:

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

November '24

Friday

08

Saturday

09

Sunday

10

Notes

To-do:

To-do:

To-do:

Monday

11

To-do:

Tuesday

12

To-do:

Wednesday

13

To-do:

Thursday

14

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.

November '24

Friday

15

Saturday

16

Sunday

17

Notes

To-do:

To-do:

To-do:

Monday

18

To-do:

Tuesday

19

To-do:

Wednesday

20

To-do:

Thursday

21

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.

November '24

Friday

22

Saturday

23

Sunday

24

Notes

To-do:

To-do:

To-do:

Monday

25

To-do:

Tuesday

26

To-do:

Wednesday

27

To-do:

Thursday

28

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?

December '24

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

Monday

02

To-do:

Tuesday

03

To-do:

Wednesday

04

To-do:

Thursday

05

To-do:

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

December '24

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

Monday

09

To-do:

Tuesday

10

To-do:

Wednesday

11

To-do:

Thursday

12

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?

December '24

Friday

13

Saturday

14

Sunday

15

Notes

To-do:

To-do:

To-do:

Monday

16

To-do:

Tuesday

17

To-do:

Wednesday

18

To-do:

Thursday

19

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?

December '24

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

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

Break

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

23

Tuesday

24

Christmas Eve

Wednesday

25

Christmas Day

Thursday

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

27

Saturday

28

Sunday

29

Notes

To-do:

To-do:

To-do:

Winter Break

Monday

30

To-do:

Tuesday

31

New Year's Eve

To-do:

Wednesday

01

New Year's Day

To-do:

Thursday

02

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

03

Saturday

04

Sunday

05

Notes

To-do:

To-do:

To-do:

Winter Break

Monday

06

To-do:

Tuesday

07

To-do:

Wednesday

08

To-do:

Thursday

09

To-do:

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

January '25

Friday

10

Saturday

11

Sunday

12

Notes

To-do:

To-do:

To-do:

Winter Break

Monday

13

To-do:

Tuesday

14

To-do:

Wednesday

15

To-do:

Thursday

16

To-do:

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

January '25

Friday

17

Saturday

18

Sunday

19

Notes

To-do:

To-do:

To-do:

Winter Break

Monday

20

To-do:

Tuesday

21

To-do:

Wednesday

22

To-do:

Thursday

23

To-do:

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

January '25

Friday

24

Saturday

25

Sunday

26

Notes

To-do:

To-do:

To-do:

Monday

27

To-do:

Tuesday

28

To-do:

Wednesday

29

To-do:

Thursday

30

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:	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 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

03

To-do:

Tuesday

04

To-do:

Wednesday

05

To-do:

Thursday

06

To-do:

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

February '25

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

Monday

10

To-do:

Tuesday

11

To-do:

Wednesday

12

To-do:

Thursday

13

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.

February '25

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

Monday

17

To-do:

Tuesday

18

To-do:

Wednesday

19

To-do:

Thursday

20

To-do:

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

February '25

Friday

21

Saturday

22

Sunday

23

Notes

To-do:

To-do:

To-do:

Monday

24

To-do:

Tuesday

25

To-do:

Wednesday

26

To-do:

Thursday

27

To-do:

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

March '25

Friday

28

To-do:

Blank space for writing to-do items for Friday.

Saturday

01

To-do:

Blank space for writing to-do items for Saturday.

Sunday

02

To-do:

Blank space for writing to-do items for Sunday.

Notes

Large blank space for taking notes.

Monday

03

To-do:

Tuesday

04

To-do:

Wednesday

05

To-do:

Thursday

06

To-do:

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

March '25

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

Monday

10

To-do:

Tuesday

11

To-do:

Wednesday

12

To-do:

Thursday

13

To-do:

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

March '25

Friday

14

Blank space for reflection on Friday.

To-do:

Blank space for to-do list on Friday.

Saturday

15

Blank space for reflection on Saturday.

To-do:

Blank space for to-do list on Saturday.

Sunday

16

Blank space for reflection on Sunday.

To-do:

Blank space for to-do list on Sunday.

Notes

Blank space for notes.

Monday

17

To-do:

Tuesday

18

To-do:

Wednesday

19

To-do:

Thursday

20

To-do:

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

March '25

Friday

21

Saturday

22

Sunday

23

Notes

To-do:

To-do:

To-do:

Monday

24

To-do:

Tuesday

25

To-do:

Wednesday

26

To-do:

Thursday

27

To-do:

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

March '25

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

31

To-do:

Tuesday

01

To-do:

Wednesday

02

To-do:

Thursday

03

To-do:

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

April '25

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
21 Easter Monday	22	23	24
28	29	30	May 01
05 Liberation Day	06	07	08
12	13	14	15
19	20	21	22
26	27	28	29 Ascension
02	03	04	05

Friday

Saturday

Sunday

11	12	13
18 Good Friday	19 Holy Saturday	20 Easter Sunday
25	26 Kingsday	27
02	03	04
09	10	11
16	17	18
23	24	25
30 Ascension	31	Jun 01
06	07	08 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

07

To-do:

Tuesday

08

To-do:

Wednesday

09

To-do:

Thursday

10

To-do:

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

April '25

Friday

11

Saturday

12

Sunday

13

Notes

To-do:

To-do:

To-do:

Monday

14

To-do:

Tuesday

15

To-do:

Wednesday

16

To-do:

Thursday

17

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?

April '25

Friday

18

Good Friday

Saturday

19

Easter Saturday

Sunday

20

Easter Sunday

Notes

To-do:

To-do:

To-do:

Monday

21

Easter Monday

To-do:

Tuesday

22

To-do:

Wednesday

23

To-do:

Thursday

24

To-do:

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

April '25

Friday

25

Saturday

26

Sunday

27

King's day

Notes

To-do:

To-do:

To-do:

Monday

28

To-do:

Tuesday

29

To-do:

Wednesday

30

To-do:

Thursday

01

To-do:

Are you tracking your habits ? Give it a shot!

May '25

Friday

02

Empty space for tracking habits on Friday.

To-do:

Empty space for to-do items on Friday.

Saturday

03

Empty space for tracking habits on Saturday.

To-do:

Empty space for to-do items on Saturday.

Sunday

04

Empty space for tracking habits on Sunday.

To-do:

Empty space for to-do items on Sunday.

Notes

Large empty space for general notes.

Monday

05

Liberation Day

To-do:

Tuesday

06

To-do:

Wednesday

07

To-do:

Thursday

08

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?

May '25

Friday

09

To-do:

Saturday

10

To-do:

Sunday

11

To-do:

Notes

Monday

12

To-do:

Tuesday

13

To-do:

Wednesday

14

To-do:

Thursday

15

To-do:

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

May '25

Friday	Saturday	Sunday	Notes
<p data-bbox="188 213 228 248">16</p>	<p data-bbox="426 213 467 248">17</p>	<p data-bbox="665 213 705 248">18</p> <p data-bbox="650 261 720 284">Whitsun</p>	
<p data-bbox="172 855 245 877">To-do:</p>	<p data-bbox="412 855 484 877">To-do:</p>	<p data-bbox="650 855 723 877">To-do:</p>	

Monday

19

To-do:

Tuesday

20

To-do:

Wednesday

21

To-do:

Thursday

22

To-do:

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

May '25

Friday

23

Saturday

24

Sunday

25

Notes

To-do:

To-do:

To-do:

Monday

26

To-do:

Tuesday

27

To-do:

Wednesday

28

To-do:

Thursday

29

Accession

To-do:

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

June '25

Friday

30

Accession

To-do:

Saturday

31

To-do:

Sunday

01

To-do:

Notes

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

02

To-do:

Tuesday

03

To-do:

Wednesday

04

To-do:

Thursday

05

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?

June '25

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

Summer

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

Break

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

09

To-do:

Tuesday

10

To-do:

Wednesday

11

To-do:

Thursday

12

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

16

To-do:

Tuesday

17

To-do:

Wednesday

18

To-do:

Thursday

19

To-do:

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

June '25

Friday

20

Blank area for Friday's notes.

To-do:

Blank area for Friday's to-do list.

Saturday

21

Blank area for Saturday's notes.

To-do:

Blank area for Saturday's to-do list.

Sunday

22

Blank area for Sunday's notes.

To-do:

Blank area for Sunday's to-do list.

Notes

Blank area for general notes.

Summer Break

Monday

23

To-do:

Tuesday

24

To-do:

Wednesday

25

To-do:

Thursday

26

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

30

To-do:

Tuesday

01

To-do:

Wednesday

02

To-do:

Thursday

03

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

04

Saturday

05

Sunday

06

Notes

To-do:

To-do:

To-do:

Summer Break

Monday

07

To-do:

Tuesday

08

To-do:

Wednesday

09

To-do:

Thursday

10

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

11

Saturday

12

Sunday

13

Notes

To-do:

To-do:

To-do:

Summer Break

Monday

14

To-do:

Tuesday

15

To-do:

Wednesday

16

To-do:

Thursday

17

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

18

Saturday

19

Sunday

20

Notes

To-do:

To-do:

To-do:

Summer Break

Monday

21

To-do:

Tuesday

22

To-do:

Wednesday

23

To-do:

Thursday

24

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

25

Saturday

26

Sunday

27

Notes

To-do:

To-do:

To-do:

Monday

28

To-do:

Tuesday

29

To-do:

Wednesday

30

To-do:

Thursday

31

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
①	②	③	
To-do:	To-do:	To-do:	

Summer Break

Monday

04

To-do:

Tuesday

05

To-do:

Wednesday

06

To-do:

Thursday

07

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

08

To-do:

Saturday

09

To-do:

Sunday

10

To-do:

Notes

Summer Break

Monday

11

To-do:

Tuesday

12

To-do:

Wednesday

13

To-do:

Thursday

14

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

15

Saturday

16

Sunday

17

Notes

To-do:

To-do:

To-do:

Summer Break

Monday

18

To-do:

Tuesday

19

To-do:

Wednesday

20

To-do:

Thursday

21

To-do:

Friday

22

Saturday

23

Sunday

24

Notes

To-do:

To-do:

To-do:

Notes

Notes

Notes

Notes

Notes

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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