



Ken's Study Journey
Ken的学习之旅

Study Plan, Checklists and Personal Rules








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Morning Routine

(School Days)



School Apartment

- ☑️  Turn off the alarm clock.
- ☑️  Remove contact lens.
- ☑️  Fold the quilt.
- ☑️  Brush teeth (at least 3 mins) and wash face (at least 1 min) with lotion.
- ☑️  Put things into the bag.
- ☑️  Put things into the luggage (the day that leaves school).
- ☑️  See the tasks list and plan for the new day.





Evening Routine

(School Days)

Classroom (last 5 minutes)

- ☑️  Fill in the daily goals checklist.
- ☑️  Make a tasks list and plan for tomorrow.

School Apartment
















- ☑️  Brush teeth again.
- ☑️  Put the rubber band onto the dental brace.
- ☑️  Take medicine for eyes.
- ☑️  Wear contact lens.

Items Checklist (School)

Great Study Habits are Productive

- Check your item checklist before going to other places.
- Prepare your things to go outside before sleeping.
- Pack up your luggage on the day leaving school.

Check the following things before going to school and going back home from apartment and classroom:

- ✓  Bag (with AirTag)
- ✓  Charging Kit
- ✓  MacBook
- ✓  MacBook Mouse
- ✓  Water Bottle
- ✓  Umbrella
- ✓  Face Mask
- ✓  Pencil Case (with AirTag)
- ✓  Calculator
- ✓  Keys and USB Drive (with AirTag)
- ✓  Towel
- ✓  Power Bank
- ✓  Weekend Homework
- ✓  Paper Materials
- ✓  Daily Goals Checklist Booklet

- ☑️ 📅 Weekend List
- ☑️ 🧳 Luggage (with AirTag)
- ☑️ 👁️ Contact lens
- ☑️ ⌚ Apple Watch
- ☑️ 📱 iPhone
- ☑️ 🎧 AirPods Pro
- ☑️ 🪪 School Card
- ☑️ 📄 Paper Vocabulary Cards

Arriving at School Routine

- ☑️ 🎒 Take out things from my bag
- ☑️ 💬 Log in to WeChat on laptop
- ☑️ 🍲 Have dinner
- ☑️ ☑️ Arrange tasks for this "fresh" week
- ☑️ 🔋 Take batteries from my AirTag
- ☑️ 🔔 Mute my Apple Watch and MacBook

After 19:05

- ☑️ 📱 Hand in my iPhone
- ☑️ ➡️ 📱 Also collect classmates' phones

My Rules for Studying/Living At School

- Follow the rules and disciplines strictly at school.
- Do not use social media, including WeChat Moments.
- Do not respond to comments on your public resources like your website and blog.
- Do not check and respond to emails and messages except for those which are related to studying.
- Use, write and speak English as much as possible.
- Be mindful about pronunciation and fluency while you are speaking.
- Complete your routines at the beginning and the end of the day.
- Always put on your dental brace whenever you are not eating or drinking.
- Fill in your daily tasks list on Study Planner and arrange tomorrow's daily tasks list 5 minutes before the evening self-study lesson ends.
- Make the decoration lights in school apartment always on while studying or doing concentrative tasks, but make it flash for decoration during other times, and turn it off when you are not in the apartment.
- Keep your desk and study environment tidy using the bookshelf on the sides of the classroom.
- Keep the label on your laptop visible all the time in the school campus.
- Extra time will be given at school apartment up to 23:00 for tasks close to deadline in some cases. Please always sleep on time to make sure you are exuberant.

- Please use the school's self-study time properly to make sure you complete your tasks quickly.
- Take out the corresponding textbook and notebook before a lesson.
- Think about the knowledge you have learned to fully remember them and my daily goals and tasks list while walking around the school path or corridors using my "Active Recall+" method.
- Pack up and take your luggage at Friday morning.
- Check your things on the items checklist before leaving school campus via the school buses.
- Turn on the corresponding Focus Mode on any Apple device if you need to do something that needs to be concentrated, including self-study, programming and fitness.
- Be aware of the homework, tasks and deadlines on Ken's Study Planner, Notion, Apple Reminders and Calendar. Complete your tasks and schoolwork at a steady rate. Do not rush, cram, and do not leave many homework or tasks until deadline.
- Plan your time and tasks with accordance of the following things, along with Study Plan and Tasks Weight, in the Integrated Planning System:
 - Reminders
 - Daily Tasks List
 - Calendar
 - Schedule
- You may listen to music while studying, but it is not essential and required.

My Rules for Studying/Living Outside School

- Follow the instruction cards inside the bedroom.
- You may check and reply/respond to emails, comments, blog articles, YouTube videos, and notification summary 45 minutes at the beginning and the end of the day. This can also be done in free time outside home.
- Using electronic devices 15 minutes before the end of the day (sleeping time) other than planning will no longer be possible due to the blue lights emitted by the screens. Wind down starts on your iPhone and Apple Watch in this time.
- Logging into the server nodes via FTP between 23:00 and 06:00 (local time) is not allowed, when my server's firewall blocks all FTP ports, to prevent hacking, but HTTPS Admin Panel, Remote Desktop and SSH are allowed.
- Use, write and speak English as much as possible.
- Be mindful about pronunciation and fluency while you are speaking, watching vlogs and listening to English audio.
- Be mindful about new words and idioms while reading books, watching vlogs and listening to English audio.
- Complete your routines at the beginning and the end of the day.
- Always put on your dental brace whenever you are not eating or drinking.
- Complete your morning routine (e.g. brushing teeth and washing face) after getting up before doing your things.
- Fill in your daily tasks list on Study Planner and arrange tomorrow's daily tasks list before sleeping.

- Turn off the smart clock screens and decoration lights before sleeping. Turn them back on after getting up.
- Make the decoration lights in your bedroom always on while studying or doing concentrative tasks, but make it flash for decoration during other times.
- Think about the knowledge you have learned to fully remember them and my daily goals and tasks list while walking using my “Active Recall+” method.
- Keep your desk and study environment tidy using the bookshelf on the desk provided.
- Please always sleep on time to make sure you are exuberant. Extra time will be provided for tasks close to deadline in some cases by getting up earlier tomorrow morning.
- Check your things on the items checklist before leaving home.
- Charge your electronic devices on the charging area on the desk.
- Turn on the corresponding Focus Mode on any Apple device if you need to do something that needs to be concentrated, including self-study, programming and fitness.
- Be aware of the homework, tasks and deadlines on Ken’s Study Planner, Notion, Apple Reminders and Calendar. Complete your tasks and schoolwork at a steady rate. Do not rush, cram, and do not leave many homework or tasks until deadline.
- Plan your time and tasks with accordance of the following things, along with Study Plan and Tasks Weight, in the Integrated Planning System:
 - Reminders

- Daily Tasks List
- Calendar
- Schedule
- Put back the keyboard and mouse of the PC underneath the monitor when you are not using it to make room for paper study materials.
- The smart clocks (old phones) in the bedroom is for clock and timer (for Pomodoro study technique) only, do not use them for other purposes.
- Set timers while you are studying or doing your personal things, using Pomodoro study technique.
- Take exercise for at least 30 minutes during the day.
- You may listen to music while studying and taking exercise, but it is not essential and required.

Daily Goals

Great Study Habits are Productive

- Always check your daily goals.
- Accumulate your database. Do it every day and make progress.

	Goal	Week days	Week ends	Unit
1	Remember English words accept vocabulary of subjects	25	15	
2	Use English words Remembered Recently	5	3	
3	Speak English	200	150	sentences
4	Write English	400	300	sentences
5	Use "Active Recall + (Plus)" methodology to recall learned knowledge points	2	1	
6	Read books of academic subjects accept academic articles accept IELTS reading (e.g. Computer Competitions, Artificial Intelligence)	5	0	minutes
7	Read English books OR English news accept books related to major	30	45	minutes
8	accept IELTS reading accept English blog articles	1	1	chapters

	Goal	Week days	Week ends	Unit
9	Listen to English audio OR English speech/lecture accept IELTS listening accept vlogs on YouTube (Goal 10) ignore music ignore telephone calls and talks	0	45	minutes
10	Watch English vlogs on YouTube without captions	0	30	minutes
11	Practice IELTS Speaking	2	1	topics
12	Chat with friends using English accept Internet friends accept Siri accept telephone calls	2	1	
13	Take exercise	30	30	minutes
14	Make the Move ring on Apple Watch closed	570	570	Kcal
15	Make the Exercise ring on Apple Watch closed	30	30	minutes
16	Make the Stand ring on Apple Watch closed	12	12	hours
17	Complete A2 Maths Pure 3 (9709/P3) or Mechanics (9709/P4) Past Papers	1	0	papers

Tasks Weight

- **Study (76%)**

- School (58%)
 - Courses and Lessons (47%)
 - A2 Mathematics (14%)
 - Further Mathematics (6%)
 - Physics (3%)
 - Computer Science (3%)
 - MAT Training (5%)
 - Extended Project Qualification (EPQ) (3%)
 - English Literature / IELTS (5%)
 - Physical Education (2%)
 - Competitions (8%)
 - Student Union (3%)
- Extra Curricula (13%)
 - IELTS School - New Oriental (13%)
 - IELTS Writing (7%)
 - IELTS Speaking (6%)

- **Self-study (5%)**

Allocate randomly among:

- English books
- Blog articles
- English Audio
- Podcasts
- Movies

- **Social and Communication (12%)**

- Classmates (5%)
- Parents and Teachers (5%)

- Outsiders (2%)
- **Public Resources (5%)**
Allocate randomly among:
 - Website and Blog (part of my EPQ project)
 - Study Planner (part of my EPQ project)
 - Email Newsletter
- **Personal Tasks and Body (5%)**
Allocate randomly among:
 - Take exercise
 - Clean computer's screen
 - Tidy up bedroom
 - Remove proteins from contact lens
 - Cut hair
 - Change dental brace
 - Travel
 - Buy stationeries and study tools
- **Social Media (2%)**
Allocate randomly among:
 - Facebook
 - Twitter
 - Instagram
 - Pinterest
 - etc.

Comparison between Places

Great Study Habits are Productive

- Do the correct things at different places to avoid distractions.

Things to do	School	Outside School
Study	✓	✓
Use social media	✗	✓
Reply to comments and emails	✗	✓
Update my website (code, part of my EPQ)	✓	✓
Update my website (blog articles)	✗	✓
Listen to English audio and watch vlogs	✗	✓
Speak and write English	✓	✓
Extra study time		✓
Study with Active Recall	✓	✓
Study with Pomodoro study technique	✓	✓
Keep your desk tidy	✓	✓
Fixed schedule	✓	✗
Bedroom decorations	✓	✓
Take exercise	✓	✓

Great Study Habits are Productive

- Put the things you want/need to do into the reminders app or by sticking sticky notes.

Notes and Reminders

Stick your sticky notes/reminders here.

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