

What is a Playsheet?

A playsheet is your quick, strategic game plan to level up your academic skills. It helps you reflect, apply, and take action on what you've learned — just like a pro gamer prepares for their next match.

ARI Playsheet #01: Power Up Your Studies – Master Your Academic Game

Key Moves (Summary)

- Time management is about making the most of your available time.
- Prioritise tasks by urgency and importance.
- Break down large tasks into smaller, manageable chunks.
- Use tools like calendars or planners to organise your schedule.
- Avoid multitasking — focus on one task at a time for better efficiency.
- Remember to include breaks to maintain focus and avoid burnout.

Player Insight (Reflection Prompt)


How do you currently plan your study time, and what challenges do you face in sticking to your plan?

Power-Up Action (Practical Task)

Create a simple weekly schedule that breaks your study sessions into focused blocks with planned breaks.

XP Log (Write Something Down)

This week, I will...

Have fun learning! 

JZee.Online