

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 #08: Time Management Mastery – Balancing Gaming & Marks

Key Moves (Summary)

- Balancing gaming with study is all about managing your time wisely.
- Use a planner or app to map out both academic and personal time.
- Block time for studying *and* guilt-free gaming — balance helps avoid burnout.
- Prioritise high-impact tasks and don't leave assignments until the last minute.
- Set timers for gaming breaks so you stay in control.
- Build a routine that supports both your performance and wellbeing.

Player Insight (Reflection Prompt)


When do you feel most productive — and most distracted? How can you adjust your routine?

Power-Up Action (Practical Task)

Create a weekly timetable that includes time for study, gaming, rest, and fun.

XP Log (Write Something Down)

This week, I will...

Have fun learning! 

JZee.Online