



ENERGY BASED PLANNING FOR EFFECTIVE STUDY

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Annotation: This article is about energy-based planning. How it can help students study better. Energy-based planning is different, from the way of planning that is based on time. With energy-based planning students do things for school when they have the energy whether that is mental energy, physical energy or emotional energy. The article looks at the kinds of energy people have what affects how much energy they have and ways to plan study time around that. Using energy-based planning can help students pay attention better not get so tired and do better in school overall. Energy-based planning is a way for students to make the most of their energy levels and get their school work done. The study highlights the importance of self-awareness and sustainable productivity in modern education.

Key words: *energy based planning, productivity, emotional energy, studying better.*

Studying well is not about using your time in a good way it is also about using your energy in a good way. A lot of students make a plan for what they will do. When they will do it but they still have a hard time focusing they get tired easily and they put things off until later. This happens because the old ways of planning what you will do do not think about something important: how much energy you have. Students are not good at getting things done all day long and trying to study when you have low energy can make you feel frustrated and very



tired. Studying is hard when you do not have a lot of energy so you need to think about your energy levels when you make a plan, for studying.

Energy-based planning is a way to do things. It helps you pick what to do based on how energy you have not just what time it is. This way you can figure out when you have the energy and do the hard school work then. When you have a lot of school work to do energy-based planning is really helpful. It helps you learn in a way that's good, for you and that you can keep doing. Energy-based planning is an idea because it helps you understand your own energy levels and use them to your advantage. It is also about being stable with your emotions. When you are anxious or when you do not feel like doing anything your emotional energy gets used up. This makes studying feel like much to handle. Emotional energy is important because when it is low things, like studying can feel hard.

When you make a study plan you should think about all three types of energy. This means you need to consider the energy you have for studying so you can make a schedule that really works for you and is not too hard to follow. You want your study schedule to be balanced and realistic so you can actually stick to it. Learn what you need to learn. This is the key to study planning and it is all, about the energy types and how you use them to make your schedule.

Factors Affecting Student Energy Levels

Students have a lot of ups and downs with their energy levels every day. Sleep is a part of this. When students do not get sleep it is hard for them to think clearly and remember things. Food is important too. If students eat food they will feel tired all the time. Students need to get sleep and eat healthy food to have energy all day. Sleep quality and nutrition are really important, for students daily energy levels.

Digital distractions, like spending much time on social media really wear us out and make it hard to focus. When you are in school you have a lot of work to do. That can be very stressful. This stress and the pressure to do well can also make you feel tired because your brain is working hard. If students understand



what is making them tired they can make choices about when they should study and how they should study. Digital distractions, such, as media are a big part of the problem.

Applying Energy-Based Planning to Study Routines

To really make the most of energy-based planning students should start by keeping an eye on their energy levels for a days. This is a way to figure out when they have the most energy. Students should use the times when they have a lot of energy to do the things like getting ready for exams working on assignments or learning new things. Energy-based planning is about using energy levels to get things done so students should remember that energy-based planning is key, to staying on top of things.

When you are feeling really tired you can still do some things that do not take a lot of energy. For example you can look over your notes organize your stuff or watch a video of a class that you missed. Taking breaks is really important if you want to have energy to do everything you need to do. Resting helps you feel better and gives you back your emotional energy.

Students can use things like calendars or special apps to see how their energy levels change and make a plan that works for them. These tools can really help students with their schedule and make sure they have enough time for everything they need to do. Using calendars or productivity apps is a good way for students to figure out when they have the most energy and plan their day, around that.

Energy-Based Planning vs Time-Based Planning

When we make plans based on time we usually try to fill up our schedules with many tasks as possible no matter how much energy we have. This can be really bad because it often makes us very tired. We do not get things done in the best way. On the hand energy-based planning is different. It is better to focus on doing things rather than trying to do a lot of things. Energy-based planning is about quality not, about how many tasks we can fit into our day.



When students study for periods of time but really concentrate they can get better grades. This way of doing things helps students work well without getting too tired. Planning your day based on how energy you have does not mean you do not have to manage your time it just makes it better, by thinking about what people really need. Students can achieve results by using energy-based planning and time management together which is a more human way of doing things.

Using energy to plan things is really helpful for doing in school. It helps you focus and remember things better. You also feel like doing your work. When you do things that match how energy you have school work does not feel so hard and you do not get as stressed out. Energy-based planning is a way to make school easier because it helps you use your energy in a good way. Energy-based planning makes things feel more manageable, for students.

This method helps people learn things over a time and understand themselves better. Students pay attention to what their body and mind need so they study in a way and do better in school when things get tough. They get better at dealing with school work. This method really helps with that.

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