

The background of the entire page is a lush watercolor illustration of several large, five-petaled pink flowers with prominent yellow stamens and green leaves. The flowers are rendered with soft, painterly textures and are scattered across the frame, creating a vibrant and naturalistic setting. The leaves are various shades of green, some with visible veins, and are interspersed among the blooms.

# My academic pathway

— ◆ —  
A PLANNER FOR  
SCHOLARS

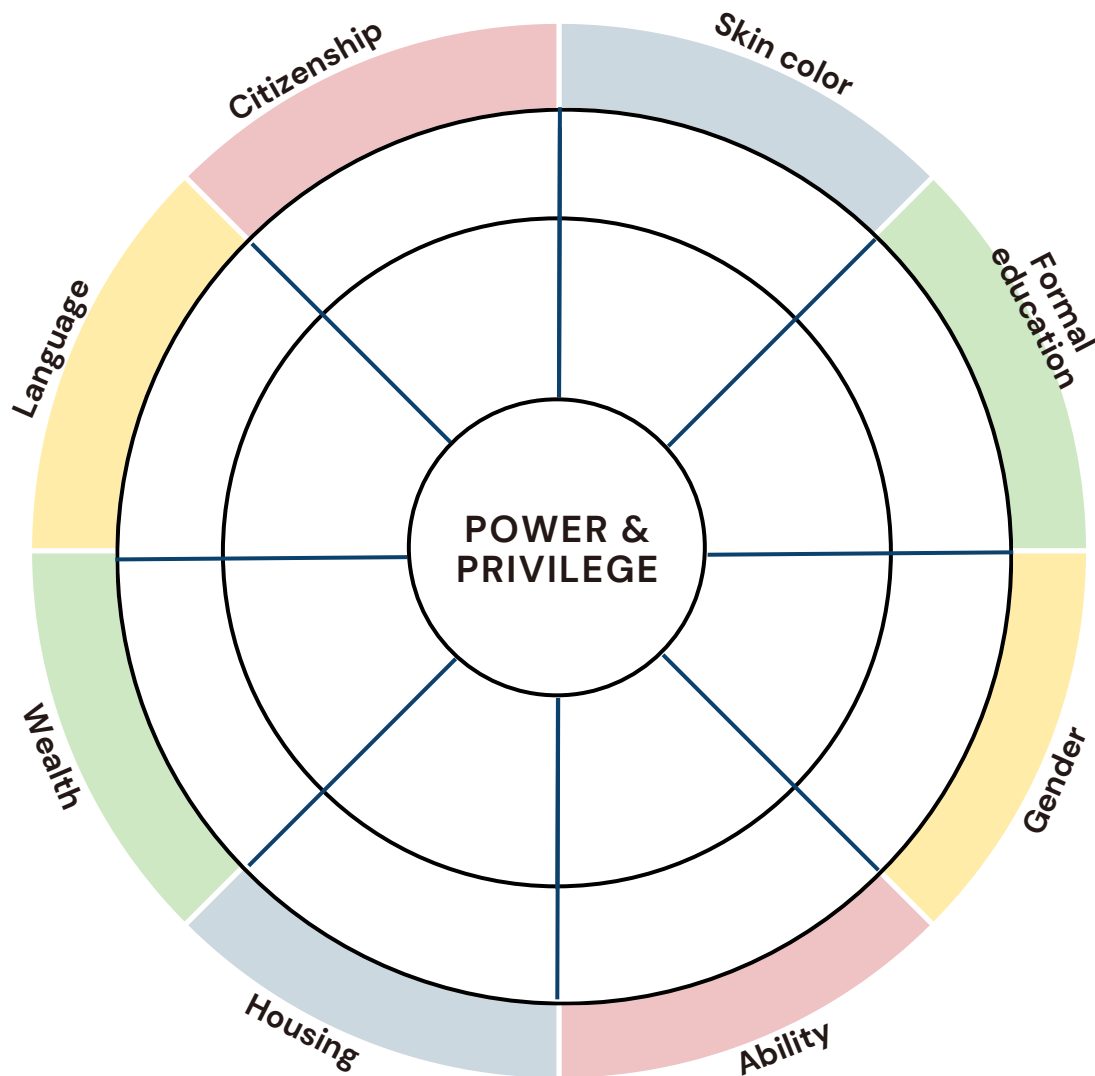
EVELYN VÁZQUEZ, PHD., M.S.



# The Power and Privilege Wheel

The mental health and emotional well-being of historically marginalized communities are strongly linked to the group-based privilege or oppression that are associated with social identities, for instance, race/ethnicity.

Before starting your planner, take a moment to reflect on your positionality, then fill out the group-based identities in the Power & Privilege wheel. This activity will help you to create a visual map of how the intersection of your diverse roles and identities may result in marginalization or privilege in higher education. Remember that the more privileged you are, the closer to the center your marks will be.



Created by Evelyn Vázquez, Ph.D., M.S. for the Healing the Academy Project. Adapted from the Canadian Council for Refugees (CCR), [ccrweb.ca](http://ccrweb.ca) and This is How you can, <https://tinyurl.com/3y2dvvd>.

# Intentionality

After you complete the Power & Privilege wheel, reflect on your roles or identities that are marginalized (for instance, being a first generation college student and a person of color from a low-income background).

- How are these identities informing your academic motivations, challenges, and professional dreams?

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Do the same for your roles or identities that bring privilege or power to yourself (for instance, being a heterosexual cisgender person, a citizen, a college or graduate student).

- From your perspective, how can you leverage your privilege to center the lived experiences, voices, and perspectives of marginalized communities in higher education?

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## **Asset based academic development**

Which are your cultural assets that help you to achieve your goals?

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What do you want to accomplish in your academic/professional life in the next year?

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# Goals and Priorities

DATE: \_\_\_\_\_

Health & Well-being

Family

Personal  
life

Friends & Community

Financial freedom

Academic Professional Development



# Daily Self-Care Checklist

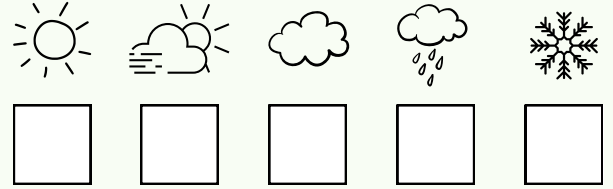
DATE

THOUGHTS

EMOTIONS

SELF-CARE ACTIVITY:

WEATHER



SLEEP TRACKER



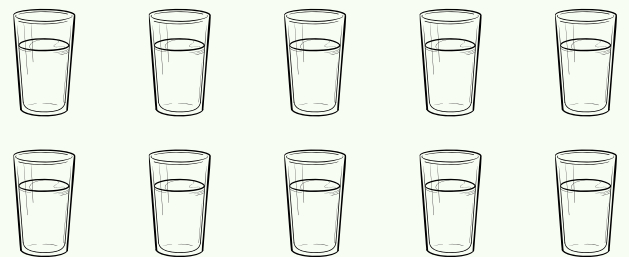
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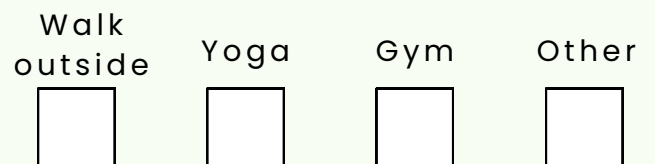
EAT MINDFULLY



WATER



PHYSICAL ACTIVITY



# Weekly planner

DATE: \_\_\_\_\_

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**GOALS ACHIEVED**

**PRIORITIES FOR  
NEXT WEEK**



# Weekly meal planner

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SHOPPING LIST**

**SATURDAY**

**SUNDAY**

*Notes*





# Monthly financial planner

MONTH

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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INCOME

Date	Source	Amount
Total:		

Notes

FIXED EXPENSES

Date	Source	Amount
Total:		

VARIABLE EXPENSES

Date	Source	Amount
Total:		

DEBTS

Date	Source	Amount
Total:		

SUMMARY

Source	Amount
(+) Income	
(-) Fixed expenses	
(-) Variable expenses	
(-) Debts	
Total:	

# Notes



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