As a university professor, I understand the importance of creating a detailed study plan to help students achieve their goals. Based on your request, I have created a study plan that will help you learn programming fundamentals using Java.

Week 1-2: Introduction to Programming Fundamentals

- Introduction to Programming Concepts

- Variables and Data Types

- Operators and Expressions

- Control Structures

- Functions and Methods

Resources:

- Java Programming Basics (https://www.udemy.com/course/java-programming-basics/)

- Java Programming for Beginners (https://www.edx.org/course/java-programming-basics)

- Java Tutorial for Beginners (https://www.javatpoint.com/java-tutorial)

Week 3-4: Object-Oriented Programming

- Introduction to Object-Oriented Programming

- Classes and Objects

- Inheritance and Polymorphism

- Encapsulation and Abstraction

Resources:

- Object-Oriented Programming in Java (https://www.udemy.com/course/object-oriented-programming-in-java/)

- Object-Oriented Programming with Java (https://www.edx.org/course/object-oriented-programming-with-java)

- Java Object-Oriented Programming Concepts (https://www.javatpoint.com/java-oops-concepts)

Week 5-6: Data Structures and Algorithms

- Arrays and ArrayLists

- Linked Lists

- Stacks and Queues

- Recursion

- Sorting and Searching Algorithms

Resources:

- Data Structures and Algorithms in Java (https://www.udemy.com/course/data-structures-and-algorithms-in-java/)

- Data Structures and Algorithms (https://www.edx.org/course/data-structures-and-algorithms)

- Java Data Structures and Algorithms (https://www.javatpoint.com/java-data-structures)

Week 7-8: Advanced Java Concepts

- Exception Handling

- File Handling

- Multithreading

- Networking

- GUI Programming

Resources:

- Advanced Java Programming (https://www.udemy.com/course/advanced-java-programming/)

- Advanced Java Concepts (https://www.edx.org/course/advanced-java-concepts)

- Java Advanced Programming (https://www.javatpoint.com/java-advanced)

In addition to the above resources, I recommend practicing coding exercises on websites like HackerRank, LeetCode, and Codecademy. These websites offer a variety of coding challenges that will help you apply the concepts you learn in the course.

I hope this study plan helps you achieve your goal of becoming a software developer. Remember to stay consistent and practice regularly to improve your coding skills. Good luck!