

Thank you for clarifying your goals! You're aiming to:

- 1 Improve English** for the IELTS test (targeting Band 7.5–8 from your current 5.5–6 level) within roughly one year.
- 2 Prepare for an academic entrance exam** in two years, studying academic subjects.
- 3 Refresh coding skills** (HTML, CSS, JavaScript) and build a quiz or kid-friendly app in React Native, with 6 hours/day available for coding and access to a PC.

You're also concerned about burnout, given the intense schedule (6 hours coding, 3 hours English, plus academic study). Below, I'll create a structured, sustainable plan to balance these goals, prevent burnout, and ensure progress over the next year, tailored to your timelines (IELTS in ~1 year, entrance exam in ~2 years). I'll estimate timelines, prioritize tasks, and suggest strategies to keep you on track.

## **Assessing Your Goals**

## <sup>1</sup> IELTS (Band 7.5–8 in 1 Year):

- **Current Level:** Band 5.5–6 (intermediate, likely B2 CEFR level).
- **Target:** Band 7.5–8 (advanced, C1 level) is ambitious but achievable with consistent effort. Band 7.5 requires strong skills in Listening, Reading, Writing, and Speaking, with minimal errors and fluency. Band 8 demands near-native proficiency.
- **Time:** 3 hours/day is sufficient for significant improvement, especially with structured practice.
- **Feasibility:** Moving from 5.5–6 to 7.5–8 in one year is challenging but possible with daily practice, especially since you're motivated and have a year.

## <sup>2</sup> Entrance Exam (2 Years):

- **Unknown Subjects:** You didn't specify the exam or subjects, but entrance exams often include math, science, or critical thinking. I'll assume 2–3 subjects (e.g., math, physics, English) requiring 2–3 hours/day.
- **Time:** With two years, you can pace this preparation, focusing on foundational knowledge now and intensifying later.
- **Feasibility:** Ample time allows a gradual approach, reducing pressure.

## <sup>3</sup> Coding (Web Refresh + React Native App):

- **Goal:** Refresh HTML, CSS, JavaScript, build a portfolio, and create a quiz/kid-friendly app in React Native.
- **Time:** 6 hours/day is substantial, enough to complete these in 4–6 weeks, as previously estimated.
- **Feasibility:** With a PC and JavaScript background, this is very achievable. React Native is ideal for your app, leveraging your skills.

## <sup>4</sup> Burnout Risk: Committing 9–12 hours/day (6 coding, 3 English, 2–3 academics) is intense. A sustainable schedule with breaks, prioritization, and flexibility is critical to avoid burnout.

# Timeline and Workload Estimate

- **Total Daily Hours:** 11–12 hours (6 coding, 3 English, 2–3 academics).
- **Coding (4–6 weeks):** Refresh web skills (5–10 days), learn React Native basics (3–5 days), build app (7–14 days). Total: ~18–32 days (~4–6 weeks at 6 hours/day).
- **IELTS (1 year):** 3 hours/day for 12 months (~1,080 hours) is enough to progress from Band 5.5–6 to 7.5–8 with structured practice.
- **Entrance Exam (2 years):** 2–3 hours/day for foundational study, increasing intensity in year 2.
- **Buffer:** Coding completes in ~1–1.5 months, freeing up 6 hours/day for English and academics after week 6.

## **Structured 1-Year Plan**

To prevent burnout, I'll design a **12-month plan** with:

- **Daily schedules** balancing tasks.
- **Weekly milestones** for coding, IELTS, and academics.
- **Burnout prevention:** Breaks, rest days, and flexibility.
- **Prioritization:** Coding first (short-term), IELTS second (1-year goal), academics third (2-year goal).

### **Months 1–2: Coding Focus + IELTS Foundation + Academic Basics**

**Goal:** Complete coding (web refresh + app), build IELTS skills, start academic prep.

- **Daily Schedule (11–12 hours, 6 days/week):**
  - **Coding (6 hours):**
    - 2 hours: Tutorials/practice (e.g., MDN, freeCodeCamp).
    - 4 hours: Project work (portfolio, then app).
  - **IELTS (3 hours):**
    - 1 hour: Listening/Reading (e.g., IELTS practice tests, BBC podcasts).
    - 1 hour: Writing (e.g., Task 1 graphs, Task 2 essays; use Grammarly).
    - 1 hour: Speaking (e.g., practice with a partner, record yourself, or use ELSA Speak).
  - **Academics (2–3 hours):** Focus on foundational concepts (e.g., math: algebra; science: key formulas). Use Khan Academy, textbooks, or Quizlet.
  - **Breaks:** 10–15 min every 2 hours, 1-hour lunch/rest. Sunday: rest or light review (1–2 hours).
- **Weekly Milestones:**
  - **Week 1–2:** HTML/CSS refresh (build portfolio layout). IELTS: assess baseline with a practice test (aim for 5.5–6). Academics: review 1–2 chapters/week.
  - **Week 3–4:** JavaScript refresh (add portfolio interactivity). IELTS: focus on weak areas (e.g., Writing Task 2 structure). Academics: continue foundational study.
  - **Week 5–6:** Learn React Native, start quiz app (e.g., question UI, score logic). IELTS: practice all sections, target Band 6.5. Academics: maintain 2–3 hours/day.
  - **Week 7–8:** Finish app (add animations, test on Expo Go). IELTS: increase practice test frequency. Academics: start practice problems.

- **Tools:**
  - **Coding:** VS Code, Expo CLI, React Native docs, YouTube (e.g., “Build a Quiz App”).
  - **IELTS:** Official IELTS practice materials, Cambridge IELTS books, British Council resources.
  - **Academics:** Khan Academy, Notion for notes, Quizlet for flashcards.
- **Burnout Prevention:**
  - Limit to 11–12 hours/day, 6 days/week.
  - Alternate intense tasks (e.g., coding) with lighter ones (e.g., Listening).
  - Monitor energy: If tired, reduce academics to 1 hour/day temporarily.

### **Months 3–6: Transition to IELTS Focus + Academics**

**Goal:** Shift coding to maintenance (e.g., app updates, new projects), deepen IELTS prep, build academic knowledge.

- **Daily Schedule:**

- **Coding (2–3 hours):** Maintain skills (e.g., small projects, LeetCode challenges), explore advanced React Native (e.g., APIs, navigation). Reduce to 2–3 hours to free time.
- **IELTS (4 hours):**
  - 1.5 hours: Listening/Reading (alternate days; use IELTS Liz, practice tests).
  - 1.5 hours: Writing (Task 1: graphs/reports; Task 2: essays on common topics).
  - 1 hour: Speaking (practice with a tutor via iTalki or mimic native speakers).
- **Academics (3–4 hours):** Deepen key subjects, solve past exam papers if available.
- **Breaks:** Same as above. Sunday: light coding or IELTS review.

- **Weekly Milestones:**

- **Month 3:** Update app (e.g., new features), target IELTS Band 6.5–7 in practice. Academics: cover 2–3 topics/week.
- **Month 4–5:** Start a second React Native project (e.g., memory game). IELTS: aim for Band 7, focus on Writing/Speaking. Academics: begin mock exams.
- **Month 6:** Polish coding portfolio, share on X. IELTS: take a full practice test (aim for 7–7.5). Academics: assess progress, adjust focus.

- **Burnout Prevention:**

- Reduce coding to maintenance to avoid overload.
- Use IELTS practice to improve technical English, aiding coding.
- Take 1–2 days off if feeling overwhelmed.

## **Months 7–12: IELTS Push + Academic Deepening + Coding Maintenance**

**Goal:** Reach IELTS Band 7.5–8, intensify academic prep, maintain coding skills.

- **Daily Schedule:**

- **Coding (1–2 hours):** Small projects, contribute to open-source, or learn advanced topics (e.g., Redux). Share progress on X for feedback.
- **IELTS (4–5 hours):**
  - 2 hours: Listening/Reading (target 8–8.5 in practice tests).
  - 2 hours: Writing (refine essays, aim for 7–7.5; get feedback from tutors).
  - 1 hour: Speaking (mock interviews, fluency practice).
- **Academics (3–4 hours):** Focus on weak areas, practice past papers, simulate exam conditions.
- **Breaks:** Same as above. Sunday: rest or light review.

- **Weekly Milestones:**

- **Month 7–9:** IELTS: consistent Band 7.5 in practice. Academics: master key topics. Coding: maintain skills, explore job opportunities.
- **Month 10–11:** IELTS: target Band 8 in practice, book test. Academics: intensify practice. Coding: build a third project or polish portfolio.
- **Month 12:** Take IELTS (aim for 7.5–8). Academics: steady prep. Coding: apply for internships/jobs if desired.

- **Burnout Prevention:**

- Gradually reduce coding to 1 hour/day if academics/IELTS demand more time.
- Celebrate milestones (e.g., app completion, Band 7.5 in practice).
- Stay active (e.g., walks, exercise) to manage stress.

## Preventing Burnout

- **Sustainable Hours:** Cap at 11–12 hours/day, 6 days/week. Take Sundays off or limit to 2–3 hours of light work (e.g., reading).
- **Task Rotation:** Alternate high-focus tasks (e.g., coding, Writing) with low-focus ones (e.g., Listening, reviewing notes) to maintain energy.
- **Progress Tracking:** Use a journal or app (e.g., Notion, Todoist) to log daily/weekly achievements. Small wins (e.g., finishing a quiz app screen) boost motivation.
- **Flexibility:** If a subject feels overwhelming, reduce its time (e.g., academics to 1 hour) and reallocate hours to IELTS or coding.
- **Health:** Sleep 7–8 hours, eat well, exercise 20–30 min/day (e.g., walking). Take a full rest day if exhausted.
- **Support:** Join X communities for coding (React Native) and IELTS tips. Find study partners for English Speaking practice.

## **Specifics for Each Goal**

## <sup>1</sup> IELTS (Band 7.5–8):

- **Strategy:**
  - **Listening:** Practice with IELTS tests, podcasts (e.g., BBC Learning English). Focus on accents, note-taking.
  - **Reading:** Skim/scan techniques, academic texts (e.g., The Guardian, IELTS Reading samples).
  - **Writing:** Learn Task 1 (graphs) and Task 2 (essay) structures. Practice 2 essays/week, get feedback (e.g., tutor, Grammarly).
  - **Speaking:** Record answers, practice fluency with apps (e.g., ELSA Speak), or join language exchange platforms.
- **Resources:** Cambridge IELTS 14–18, IELTS Liz, British Council, iTalki for tutors.
- **Target Progress:** Band 6.5 by month 3, 7 by month 6, 7.5–8 by month 12.

## <sup>2</sup> Coding (Web + React Native):

- **Plan:** As outlined, complete web refresh (5–10 days), React Native basics (3–5 days), quiz app (7–14 days). Total: 4–6 weeks.
- **App Features:** Quiz game (10 questions, score, animations), memory game (card grid, flips, sounds).
- **Resources:** Expo docs, React Native docs, YouTube (e.g., “React Native Quiz App”).
- **Post-App:** Maintain skills with small projects, explore jobs, or learn advanced topics (e.g., Firebase for app data).

## <sup>3</sup> Academics:

- **Assumption:** Math, science, or similar (please clarify for specifics). Study foundational topics now, intensify in year 2.
- **Resources:** Khan Academy, past papers, textbooks. Use Quizlet for memorization.
- **Pace:** 2–3 hours/day year 1, 4–5 hours/day year 2 as exam nears.

## **Sample Daily Schedule (Month 1)**

- 8:00–10:00 AM: Coding (tutorials, e.g., HTML/CSS).
- 10:15–12:15 PM: Coding (portfolio project).
- 12:15–1:15 PM: Lunch/rest.
- 1:15–2:15 PM: IELTS Listening (practice test or podcast).
- 2:15–3:15 PM: IELTS Writing (essay practice).
- 3:30–4:30 PM: IELTS Speaking (record answers, fluency drills).
- 4:30–6:30 PM: Coding (project work, debugging).
- 6:45–8:45 PM: Academics (e.g., math problems, science review).
- Evening: Light exercise, relax. Avoid work after 9 PM.

## Final Notes

- **Timeline:** Coding (4–6 weeks), IELTS (Band 7.5–8 in 12 months), academics (steady progress for 2 years).
- **Prioritization:** Focus on coding first (finish app), then shift hours to IELTS. Academics are lowest priority now due to the 2-year timeline.
- **Burnout Prevention:** Cap at 11–12 hours/day, take breaks, rest Sundays, monitor energy.
- **PC Advantage:** Use VS Code, Expo CLI for efficient coding. Test apps with Expo Go on your phone.

If you share your academic subjects, current English strengths/weaknesses, or specific app features, I can refine the plan further. Need a detailed coding tutorial, IELTS practice schedule, or academic study tips? Let me know!