

STUDY TIMETABLE

Time	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
Mon	FREE PERIOD Biology Consolidation		CHEMISTRY		Lunch	PHYSIOLOGY		Do Biology test paper	Dinner	Physiology Case Study Notes		Make Revision poster for Biology			
Tues	GENERAL STUDIES		BIOLOGY		Lunch	PHYSIOLOGY		WORKING EVENING SHIFT							
Wed	MATHS		FREE Attend School Club	Assembly	Lunch	CHEMISTRY		Make Flash cards for Maths	Dinner	Write Physiology Essay		Go over maths test from class			
Thurs	FREE PERIOD Physiology consolidation		MATHS		Lunch	FREE PERIOD Chemistry Consolidation		Do Chemistry Test paper	Dinner	Do Maths Test Paper		Revise Moles			
Fri	GENERAL STUDIES		BIOLOGY		Lunch	FREE PERIOD Maths Consolidation		Revision Photosynthesis	Dinner	Write up Chemistry practical		Early night			
Sat	SATURDAY JOB								Out for dinner with friends						
Sun	FOOTBALL			FAMILY TIME			Biology Revision	Chemistry Revision	Maths Revision	Physiology Revision	Watch TV		Early night		

Tips on using the Study Timetable:

- 1 – Fill in the template with your normal lessons. Even if it is a holiday period fill in your normal lessons, and use this time to revise for these lessons.
- 2 - ‘Free Periods’ are not Free, they are ‘Study Periods’. Use them wisely – plan each week what you will do in each of these sessions so this time is not wasted. It is a good idea during term-time to use these sessions to ‘consolidate’ your learning – go over your notes from previous lessons, make flash cards etc.
- 3 – Be realistic – do put in time for social activities and/or exercise, after all if you do not look after your mental wellbeing you will not be able to study effectively.
- 4 – Adjust the times to suit your own schedule. You may get up at 7 or earlier and want to put in study time before school. You may like to study later than 10pm (although I cannot stress enough how important your sleep is!).
- 5 – Be specific about what you will do in each time slot. I have put things like ‘Biology Revision’, but you need to be more specific about what topic you will do, and what revision technique you will use (see my tips on different revision techniques).
- 6 – Get into the habit of making a new timetable every week and using it. Don’t beat yourself up if you don’t stick to it religiously. I promise you, if you plan weekly you will do so much more than if you don’t!