

### **Tips for Creating an Effective Student Timetable with Parents - PRIORITY #1 Negotiate / Discuss the construction of this document!**

- **Start with Non-Negotiable Commitments:**
  - Schedule work commitments, school hours, sporting/music lessons, and family events first.
- **Set Realistic Expectations:**
  - Avoid packing the timetable too tightly. Allow for flexibility and rest. Must be able to achieve sustained commitment.
- **Include Leisure and Recreational Activities:**
  - Ensure there is time for hobbies, relaxation, and fun to prevent burnout.
- **Allocate Time with Friends:**
  - Schedule social interactions to maintain a healthy work-life balance.
- **Specific Study Time for Specific Subjects:**
  - Break study sessions into subject-specific blocks to improve focus and retention.
- **Incorporate Chores:**
  - Include household responsibilities to build a sense of contribution and responsibility.
- **Consider Work Commitments:**
  - Balance part-time jobs with study and leisure to avoid overloading.
- **Factor in Sporting/Music Commitments:**
  - Ensure these activities fit into the schedule. Both work and sporting commitments should be reviewed during VCE/HSC.
- **Prioritize Family Time:**
  - Set aside moments for family connection, such as meals or weekend activities.
- **Weekly Reflection and Adjustment:**
  - Review the schedule weekly to assess what is working and what needs improvement.
  - Make necessary adjustments to optimize efficiency and balance.
- **Set a Weekly Focus:**
  - Choose a goal each week, such as punctuality or a 100% success rate in following the schedule.
- **Don't Be Too Hard on Yourself:**
  - Recognize that schedules often don't work perfectly.
  - A 75% success rate can still represent a significant (around 50%) improvement in productivity and study efficiency.

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

# Mind Matters Albury - Mental Health Advisory - 0431 163 166

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:30					
07:00					
07:30					
08:00					
08:30					
	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30					
19:00					
19:30					
20:00					
20:30					

THIS WEEK'S FOCUS