**STUDY TIMETABLE**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
| Mon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tues |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thurs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fri |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sun |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**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!