

Study/Free time Schedule

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning Lessons							
Lunchtime							
Afternoon Lessons							
After school session							
Evening session							

Study Tips – work for about 30 minutes then have 5 min break before returning to work; work at a desk or table sitting on a chair (not on your bed); have snacks and drinks already prepared in the room; read and makes notes; do not worry about how pretty your work looks; use mind maps for topic areas; allow yourself time to relax after studying before you go to bed; make sure you exercise either side of a revision session.