|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday |
| 7-8 |  |  |  |  |  |  |  |
| 8-9 |  |  |  |  |  |  |  |
| 9-10 |  |  |  |  |  |  |  |
| 10-11 |  |  |  |  |  |  |  |
| 11-12 |  |  |  |  |  |  |  |
| 12-1 |  |  |  |  |  |  |  |
| 1-2 |  |  |  |  |  |  |  |
| 2-3 |  |  |  |  |  |  |  |
| 3-4 |  |  |  |  |  |  |  |
| 4-5 |  |  |  |  |  |  |  |
| 5-6 |  |  |  |  |  |  |  |
| 6-7 |  |  |  |  |  |  |  |
| 7-8 |  |  |  |  |  |  |  |
| 8-9 |  |  |  |  |  |  |  |
| 9-10 |  |  |  |  |  |  |  |
| 10-11 |  |  |  |  |  |  |  |

Weekly Revision Timetable

**Remember to include:**

* Regular breaks - healthy drink, snack, getting up, stretching and walking around etc.
* Socialising - time out with friends etc.
* Exercise - it doesn’t have to be much, doing some is better than nothing. It helps to increase your awareness and ability to concentrate.
* Rest and relaxation - get plenty of sleep (whatever is the right amount for you).

How you can prepare yourself:

1. Prioritise your workload. Do something easy at the start to get motivated.

2. Be organised and plan a timetable in advance – downtime should be built into your schedule.

3. Find a quiet, well-lit, comfortable space to study where you will not be disturbed.

4. Have a break between studies – have water and healthy snacks available.

5. Try not to eat too much junk food and avoid alcohol and caffeine.

6. Try different study techniques or study with a friend.

7. Get some exercise.

8. Make sure you get plenty of sleep.

9. When you’re not studying, do things you enjoy and treat yourself.

10. When stressed, talk to someone.

**Useful resources:**

Student Minds [www.studentminds.org.uk](http://www.studentminds.org.uk)

Mind [www.mind.org.uk](http://www.mind.org.uk)