

MY OWN STUDY TIMETABLE : SAMPLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Homework	Homework	Homework	Homework	Work	<u>Study 5</u> POTRE	<u>Study 6</u> cleaning
2	Training	<u>Study 1</u> MATHS	<u>Study 3</u> MOD. HISTORY	Training	Homework	Spot	***** 3
3	Training	<u>Study 2</u> ENGLISH	<u>Study 4</u> KIDOLLY	***** 1	***** 2	off	***** 4
4							
5							
6							

NOTES: 1. Make sessions as long as you can concentrate. Start small and increase, e.g. 30 mins.

2. If you miss a session, you must catch it up that week.

3. If you keep breaking your timetable you should change it.

4. Work on sessions, not times.

These two weekend sessions can move to suit your activities as long as you do 2 study sessions on the weekend.

"Study" boxes 1-6 are compulsory sessions. "*****" boxes 1-4 are optional sessions and are to be used when you need to spend more time on a subject.

You MUST spend at least one session per subject per week and adapt the number of sessions to suit your number of subjects.

If you need more time than this, create it by making study sessions longer, getting up earlier in the morning, using more of your weekend time, or a combination of those. 2-3 weeks before the exams start, make a "Before Exams" timetable and ramp things up.

Then do a 3rd timetable for the exam period.