

### SAC Student Revision and Self Study Timetable

Time	Monday	Tuesday	Wed	Thurs	Friday
Lunch Session					
After School session					
Self Study session 1 Time: 5.30pm - 6.15pm					
Self Study session 2 Time: 6.15pm - 7.00pm					
Break 15mins					
Self Study session 3 Time: 7.15pm - 8pm					
TEST or knowledge recall					

Time	Saturday	Sunday	Notes to remember:
Session 1 Time:			<ol style="list-style-type: none"> <li>1. Develop a routine and prioritise sleep</li> <li>2. Adjust times for revision and test sessions around social time and down time and what works for you. Add in breaks.</li> <li>3. Study smart (get rid of distractions such as phones and get 'in the zone').</li> <li>4. Focus on high impact revision strategies</li> <li>5. Aim for 2 to 2.5 hours a night and 2.5 to 4 hours on days off from school</li> <li>6. Look after well being, let people know if you need support and remember look after the ATL and the grades will look after themselves.</li> <li>7. Have a growth mindset and be proud of your BEST.</li> </ol>
Session 2 Time:			
Session 3 Time:			
Session 4 Time:			
TEST/Knowledge Recall			