SAC Student Revision and Self Study Timetable

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| 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 |  |  |  |  |  |

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| Time | Saturday | Sunday | Notes to remember: |
| Session 1  Time: |  |  | 1. Develop a routine and prioritise sleep  2. Adjust times for revision and test sessions around social time and down time and what works for you. Add in breaks.  3.Study smart (get rid of distractions such as phones and get 'in the zone'.  4. Focus on high impact revision strategies  5. Aim for 2 to 2.5 hours a night and 2.5 to 4hours on days off from school  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.  7.Have a growth mindset and be proud of your BEST. |
| Session 2  Time: |  |  |
| Session 3  Time: |  |  |
| Session 4  Time: |  |  |
| TEST/Knowledge Recall |  |  |