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 1Time: 5.30pm - 6.15pm |  |  |  |  |  |
| Self Study session 2Time: 6.15pm - 7.00pm |  |  |  |  |  |
| Break 15mins |  |
| Self Study session 3Time: 7.15pm - 8pm |  |  |  |  |  |
| TEST or knowledge recall |  |  |  |  |  |

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| Time | Saturday | Sunday | Notes to remember: |
| Session 1Time: |  |  | 1. Develop a routine and prioritise sleep2. 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 strategies5. Aim for 2 to 2.5 hours a night and 2.5 to 4hours on days off from school6. 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 2Time: |  |  |
| Session 3Time: |  |  |
| Session 4Time: |  |  |
| TEST/Knowledge Recall |  |  |