

### **SESSION 3: 'DRAFTING A STUDY TIMETABLE'**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8							
8-9							
9-10	SCHOOL	SCHOOL		SCHOOL			
10-11	SCHOOL	SCHOOL		SCHOOL			
11-12	SCHOOL	SCHOOL		SCHOOL			
12-1	SCHOOL	SCHOOL		SCHOOL			
1-2	SCHOOL	SCHOOL		SCHOOL			
2-3	SCHOOL	SCHOOL		SCHOOL			
3-4							
4-4:30							
4:30-5							
5-5:30							
5:30-6							
6-6:30							
6:30-7							
7-7:30							
7:30-8							
8-8:30							
8:30-9							
9-9:30							
9:30-10							
10+							

## Handy Hints:

1. Fun Stuff First is very important. Then fill study in. (Sacrifice of some fun stuff may be inevitable, but not all of it!)
2. Use colour to separate different types of activity (sport, hobbies, social, job and study!)
3. This is a GUIDE not a RULEBOOK. Try your best to stick to the planner, but don't get down on yourself if you miss a session or two.
4. Remember, be realistic. Block in the study you truly believe you can/will do, you can always study more!
5. General advice is to NOT plan study for after 10pm. Sleep is very important. (Some of you – particular senior students – may choose to study later at night when needed, but keep it off the planner)