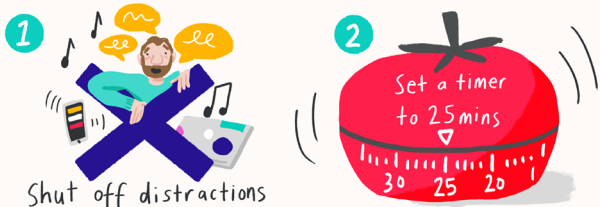


Revision Timetable

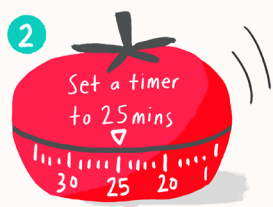
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 9.15 History	17 9.15 Maths 1.15 RE/Computing	18 9.15 English Lit 1.15 Geography	19	20
21 9.15 Physics 1.15 PE/Music	22 9.15 Chemistry 1.15 French/DT	23 9.15 Biology 1.15 IT/Spanish	24 9.15 English Language	Half Term		

How to beat procrastination

The Pomodoro Technique



Shut off distractions



If your thoughts start to wander, and focus again

4 After 25mins - Take a (smart) break such as...



Listen to a song without words

Stare out the window & dream

Drop ins		Languages	Business	Biology (separate & combined science)
		Thursday after school CB2	Wednesday lunchtime LA5	Monday after school CC6
Art Lunchtimes : Monday – Friday – HB4/HB5 & HB6 After school : Wednesday- HB2/HB4/HB5 & HB6	Sport Wednesday lunchtime LC11	Chemistry separate & combined science Thursday after school FC5	Drama Tuesday & Wednesday lunchtime HC6	DT Monday, Thursday & Friday lunchtime CA1 Wednesday lunch & after school CA1, CA2
English Lang/Lit Thursday after school LB1, LB2	GCSE PE Monday lunchtime CB8	Geography Monday lunchtime CB6 Wednesday after school LRC	Health and Social Friday lunchtime LC11	History Thursday lunchtime & after school CB1, CB3 CB4
IT & Computing Tuesday & Friday lunchtime LA8	Maths Wednesday & Thursday lunchtime & Wednesday after school LC9	Music Wednesday lunchtime LA2, LA3	Physics separate & combined science Monday after school CC4	RE Wednesday lunchtime CB10

Long term consistency beats short term intensity

My goals for this mock are:

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-
-

High energy activities	Medium energy activities	Low energy activities
<ul style="list-style-type: none"> • Writing an essay draft • Timed exam questions • Full exam paper 	<ul style="list-style-type: none"> • Making flashcards • Drawing a mind map • Creating a poster topic • Summing up class notes 	<ul style="list-style-type: none"> • Watching revision videos • Playing online flashcard games like Quizlet • Revision charades with a friend