

REVISION PLANNER



Time	Activity
7:30am	Wake Up - Eat Breakfast!
9:00 - 10:15am	
10:15 - 10:30am	Break
10:30 - 12:00pm	
12:00 - 1:00pm	Lunch (Away from computer or place of study)
1:00 - 2:30pm	
2:30 - 2:45pm	Break
2:45 - 4:00pm	
4:00 - 4:15pm	Break
4:15 - 5:30pm	
5:30 - 7:00pm	Evening Meal
7:00 - 8:30pm	

How to use your Revision timetable

- There are 6 chunks of time between 75-90 minutes long. If you were to use all the slots each day therefore you would do just over **8 hours** of revision per day.
- Our brains find it hard to maintain high levels of concentration for long periods of time, therefore you should take regular breaks throughout the day. Use these breaks to go to the toilet, have a drink or snack, grab some fresh air or even check facebook.
- Use your lunch and dinner breaks to take a longer break, try and have a change of location, make yourself a healthy meal (see nutrition section) and let your brain absorb all your new found knowledge.
- Plan what modules or topics you want to learn that day, break it down into sizeable chunks that will fit into this timetable and just focus on one slot at a time, this can help to stop you feeling too overwhelmed by your work load and getting stressed.
- Aim to finish all you work by the time you stop for your evening meal. If you have successfully achieved what you wanted to by this point then great, take the evening off, relax and have an early night ready to do it again tomorrow! If you haven't quite finished or you want to go over what you have learnt to test yourself then use this extra time in your day.
- Finally why not use a few of your spots each week for some exercise, this is great for stress-busting and keeping your mind alert, check out the exercise section to see what's on offer.



EXAM SURVIVAL GUIDE

EVERYTHING YOU NEED TO KNOW TO SURVIVE THE EXAM PERIOD

