

Study Skills

Getting Ready

C.Prime

Plan your time effectively, and think about all your commitments, especially food breaks.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	lunch	lunch	lunch	lunch	lunch	lunch

As well as lunch, morning breaks are important physically and mentally.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
break	break	break	break	break	break	
Lunch	lunch	lunch	lunch	lunch	lunch	lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
break	break	break	break	break	break	
lunch	lunch	lunch	lunch	lunch	lunch	lunch
tea	tea	tea	tea	tea	tea	tea

Don't forget to account for any after school clubs you have...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
break	break	break	break	break	break	
lunch	lunch	lunch	lunch	lunch	lunch	lunch
tea	tea	tea	tea	tea	tea	tea
After school activity	TV	After school activity		After school activity		

...and time to meet friends, carry out a part-time job...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Job	
break	break	break	break	break	break	
lunch	lunch	lunch	lunch	lunch	lunch	lunch
				Meet friends	Meet friends	
tea	tea	tea	tea	tea	tea	tea
After school club	TV	After school club	TV	After school club	Job	

You need to plan carefully

Create a manageable, meaningful and realistic timetable. Have plenty of breaks, arrange for a 'study buddy' if that helps, and once you've made your timetable don't be afraid to stick to it. Be true to yourself and don't get distracted by others, but do plan 'free times' to be with friends.

The next slide is an example of the level of detail to use.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10.15 Modern Studies Reading/notes	9-10.15 Maths Reading/notes					No work
10.20- 1130 Modern Studies Past paper	10.20- 1130 Maths Past paper					No work
break	break	break	break	break	break	
1150 – 1230 English Reading/Notes	1150 – 1230 History Reading/Notes					Read notes
Lunch	lunch	lunch	lunch	lunch	lunch	lunch
1.15 -2.30 English Past Paper	1.15 -2.30 History Past Paper			Meet friends	Meet friends	
2.35 -3.45	2.35 -3.45	2.35 -3.45	2.35 -3.45	2.35 -3.45		
3.50 – 5.15 Exercise	3.50 – 5.15	3.50 – 5.15	3.50 – 5.15	3.50 – 5.15	3.50 – 5.15	
Tea	tea	tea	tea	tea	tea	tea
After school club	TV	After school club		After school club		
Study						

And beware... Other Distractions



Finally, when you have that
'meh' feeling, remember:
What does Nike Say?



JUST DO IT.