

The main ingredients to make it work

- it has to be your personal contract with yourself
- minimum of 8-10 hours sleep
- quality leisure time
- put a copy on the fridge for your parents to help you stick to it
- if you borrow time, replace it, don't steal it
- you **CAN** do it!

Mark off Study Sessions on your Study Log as you complete them. Did you do it last week?

Use Sunday to do summaries of the past week's work in every subject. Keep a separate revision/summary folder for each subject. The learning will be familiar and easily remembered.

Organise next week. What's due? What's on? Where am I on my long term project? Write your plan for the week in your planner.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00-7.00 am							
7.00-8.00 am							
8.00-9.00 am							
9.00-10.00 am							
10.00-11.00 am							
11.00-12.00 noon		There is always something to do. What we learn to do, we learn by doing.					
12.00-1.00 pm							
1.00-2.00 pm							
2.00-3.00 pm							
3.00-4.00 pm							
4.00-5.00 pm							
5.00-6.00 pm							
6.00-7.00 pm							
7.00-8.00 pm							Plan your timetable for next week
8.00-9.00 pm							
9.00-10.00 pm							
10.00-11.00 pm							