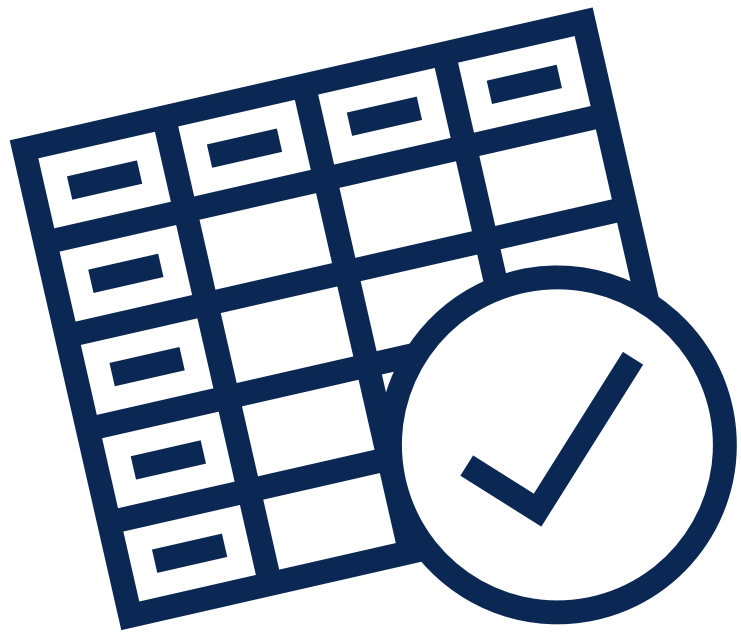




STUDY PLANNER

GUIDE



Top Tips for creating your own study planner:

- **List** all the subjects you need to study. Perhaps the first step in creating your study schedule is to list all of the subjects and courses you need to study for. Putting your obligations on paper will help you get a better idea of what you really have to do.
- **Prioritise** your list. After you've made a list of all the subjects or exams you need to study for and figured out what you need to do for each, prioritize the list. Ranking each class in importance will help you figure out what subjects you need to devote the most time to
- You do not need to study from 8am-10pm; decide which hours of the day you can concentrate best.
- Don't be over ambitious – break work down into small chunks. Assess how familiar you are with each topic and focus on your weak areas.
- **Take breaks**, do short (45 minute) sessions often and include time for fun / rewards after a study session – that way you are more likely to stick to your timetable.
- Use your break wisely. Make sure to use your break to **refresh yourself**. Take a stretch, go for a short walk, eat a small snack, chat to a friend or listen to some music! Avoid distractions that could prolong your break.
- Use different colours for different subjects and activities.
- Use an alarm or timer on your phone to alert you when your study blocks begin and end. This will help you stick to your schedule!
- Remember to **keep reviewing** what you have revised and testing yourself at the end of the day, the next day and the end of the week - this will help you to recall the information in the exam.
- Make sure to take a break before going to bed, you need some time to switch off to ensure you get a good nights' sleep!

On the next page you will find an example study planner and a blank template for you to make your own personal planner!

STUDY PLANNER – TEMPLATE EXAMPLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00		Gym		Gym		Gym	Gym
9:00	School	School	School	School	School	BREAK	BREAK
10:00	School	School	School	School	School	BREAK	BREAK
11:00	School	School	School	School	School	BREAK	BREAK
12:00	School	School	School	School	School	BREAK	BREAK
1:00	School	School	School	School	School	BREAK	BREAK
2:00	School	School	School	School	School	BREAK	BREAK
3:00	School	School	School	School	School	BREAK	BREAK
4:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
5:00	English	French	Maths	Irish	Business	BREAK	BREAK
	15-min break	15-min break	15-min break	15-min break	15-min break	BREAK	BREAK
6:00	Maths	Economics	Biology	English	Economics	BREAK	BREAK
	15-min break	15-min break	15-min break	15-min break	15-min break	BREAK	BREAK
7:00	Biology	Irish	Business	Maths	Irish	BREAK	BREAK
	15-min break	15-min break	15-min break	15-min break	15-min break	BREAK	BREAK
8:00	Business	English	Economics	French	English	BREAK	BREAK
9:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
10:00	SLEEP!	SLEEP!	SLEEP!	SLEEP!	SLEEP!	SLEEP!	SLEEP!

English --- Maths --- Irish ---- French ---- Biology ---- Business ---- Economics --- BREAKS ---- School

