

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# WEEKLY REVISION SCHEDULE

DATE FROM: \_\_\_\_ TO: \_\_\_\_



### HOW TO USE

- Print off one or two each week.
- Set the times you wish to study on the left. 30 – 60 minute slots are usually most effective.
- Be specific with each activity.
- For weekend days and breaks, plan your whole day and include activities like meals, recreation, etc.

### TOP TIPS

- Start by **writing in commitments**, like sleep, play rehearsal, etc.
- **Set your priorities**: spend the most time on things you need to study the most.
- **Plan in regular breaks**. If you are studying for 30 minutes, focus completely for 25 minutes and break for 5.
- Don't spend more than 2 hours at a time on any one subject. But **do group similar subjects together** (e.g. spend the morning doing languages, the afternoon doing maths/sciences).
- Train hard: **Reward yourself** for sticking to your plan for 'X' hours (or days). A film or an evening out with friends, for example.
- This is **YOUR** plan: write activities in pencil and don't be afraid to change.
- **SUPER IMPORTANT: be kind to yourself**. If you 'mess up' one day, don't quit! Every day is a new chance to be your best self and follow your own plan.

## MY ACTION PLAN

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

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\_\_\_\_\_

3. \_\_\_\_\_

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4. \_\_\_\_\_

\_\_\_\_\_

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SIGNATURE \_\_\_\_\_

## EXTEND YOUR LEARNING

**The Science of Spaced Practice; Why Studying ‘Little and Often’ Works:** Drawing upon research into cognitive science, this article discusses the tangible effects of a study plan that applies the principle of spaced practice: ‘1 day, 1 week, 1 month’. You will take away tips on how to reduce your overall revision time by spacing out your study into manageable chunks.

**Sleep and the Sixth Form Student:** Studying smarter, not longer, requires regular sleep. We now understand how sleep impacts learning, as well as health. Reminding yourself that sleep is essential for academic and personal success will give you the inspiration to make changes now, in order to have a positive impact on your performance in exams.

**To print more revision schedules & access expert articles...**

**Action! The Power of a Small Change:** Explore the positive impact small changes can have on performance and student mindset. By reviewing practical examples of revision planning, attitude, and goal setting, you will be able to identify adjustments you can make to your revision process that will help you use your time more effectively.

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