

# MY REVISION TIMETABLE

Use past papers to test yourself.

Make sure your timetable is realistic! Mix it up so you don't get bored.

Don't forget to sleep. A bath is a great way to wind down before bed.

Don't be embarrassed to ask for support. If you're feeling stressed talk to someone you trust.

*Designed by  
your Student  
President  
Jadah*

Regular balanced meals will help your brain to function.

**Take regular short breaks:** every 45—60 mins is about right. Sit back for a few minutes, close your eyes, **relax**.

Don't *just* read your notes. Write them down, turn them into a poster or a large diagram; it doesn't have to be a work of art, but it will help you to remember the information.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun