

# MY REVISION TIMETABLE

Use past papers to test yourself.

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

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun

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.

**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.

Regular balanced meals will help your brain to function.