



Managing Stress and Revision Timetables

Wellbeing





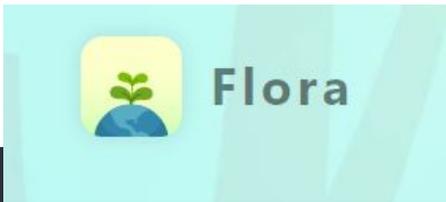
Weekly Revision Timetable

Name: _____

DAY	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 1:00	1:00 - 2:00	2:00 - 3:00	3:00 - 4:00	4:00 - 5:00	5:00 - 6:00	6:00 - 7:00	7:00 - 8:00	8:00 - 9:00
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

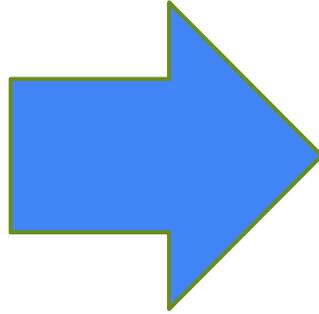
1. Control the controllables

- **Colour-code your subjects** so that your timetable is easy to read
- Make sure you **put sessions in that allow you to relax and unwind.**
- **Be realistic!** For example: Don't plan to revise maths for 12 hours solid on a Saturday, because it won't happen and you won't benefit from it. Break the day up into manageable pieces and do spend hours trying to do the same thing – it won't help you.
- Have your revision timetable somewhere **where you will see it everyday**, so it acts as a reminder of what you need to do.
- Put a **copy on your phone or set alarms/reminders** that will help you stick to your plan. There are Apps on phones to record and reward you too!



Subjects to revise for:

- Maths
- English
- Science
- Geography
- RE
- Music
- Business Studies



Rank order (most revision needed)

- 1st. Science
- 2nd. Maths
- 3rd. Geography
- 4th. English
- 5th. Business Studies
- 6th. Music
- 7th. RE

What's wrong with Miss Hykin's timetable?

1. No time to relax and unwind!
Not even on a weekend.
2. No colour coding
3. Uneven distribution of subject areas. Music was a strength so why so many slots?

	MORNING		AFTERNOON		EVE	
MON	Sc.	Scn.	Scn.	Music	History	History
TUES	Scn.	Scn.	Scn.	Scn. Geog.	Music	Music
WED	Scn.	Scn.	Scn.	French 5-6	ICT 8-7	RS 9-10
THURS	Scn.	Scn.	Music	Music	Music	Music
FRI	Scn.	Scn.	Scn. French	Maths	Eng	Eng
SAT	History ICT	Music	Geography	Chem	Bio	Physics
SUN	Chem	Bio	Physics	Maths	RS	Music

Now plan your weekly time through a Revision Time Table

[Online editable Revision TT](#)
[Model Revision TT](#)

Weekly Revision Timetable

Name: _____

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 3:00	3:00 – 4:00 <small>(Revision / Intervention)</small>	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday						English	RE	Break	Music	English	Relax	Relax
Tuesday						Science	Break	Break	Maths	Geography	Relax	Relax
Wednesday						Break	Geography	English	Break	Maths	Music	Relax
Thursday						Maths	Science	Break	Business Studies	Relax	Relax	Relax
Friday						Play football	Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

***Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.

Some early advice from Year 12 Xander, Ruby-Mae, Shantaya and Emily

6. Who is who in Year 11

Heads of Department



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Who is who Guide: Picture and email address of Year 11 Team



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