



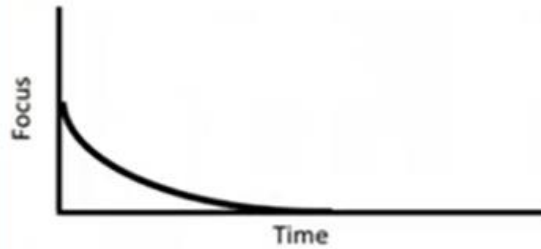
CREATING A REVISION TIMETABLE

Session 1

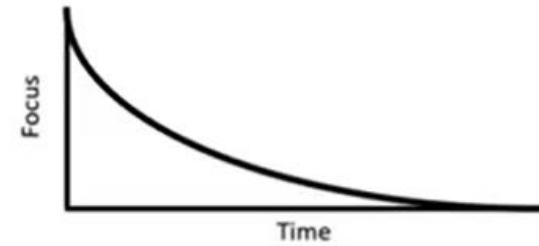
When should I revise?



Revising when you are tired:

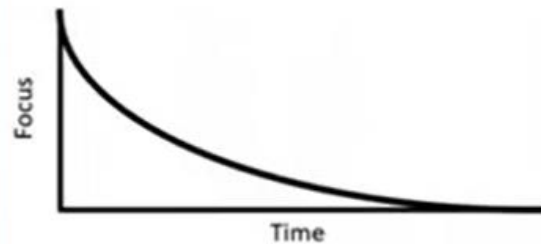


Revising when you are well-rested:

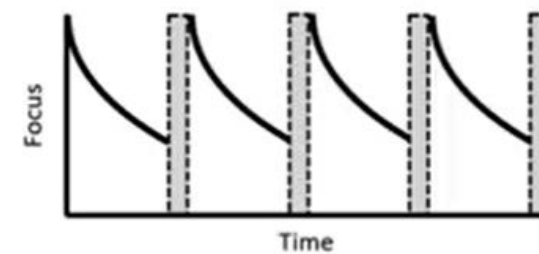


You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

Revising without a break:



Revising with small regular breaks:



Managing your time when revising

Managing your time when revising



Pomodoro Technique

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

Create your timetables for the next 4 weeks...



- **Use your prioritisation list**
- **Plan in social time and commitments**
- **Mix up topics**
- **Factor in getting home from school**
- **Study in 25 minute sessions**
- **8pm switch off time**

