



REVISION TIMETABLE

When revising, its recommended that you do so in chunks of up to 45 minutes before taking around 10-15 minute break to allow your mind to absorb the information.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Top Tips: • start early • plan your revision • find a technique that works for you • take regular breaks • find the right place to revise • minimise distractions • teach someone else • reward yourself • stay active • stay hydrated • get enough rest.