

	9am—1pm	1pm—4pm	4pm—5pm	5pm—6pm	6pm—7pm	7pm—8pm	8pm—9pm	9pm—10pm		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday			NIGHT OFF (WOO HOO!)							
	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
Saturday										
Sunday										

Top tip: Try not to study or do anything after 9pm, if possible. You should begin to wind down at this time and get ready for bed.

Starting Point:

Divide up the time for school, eating and your hobbies/interests that you are involved in, as typically these occur at the same time each week. You can alter this and make a new one when on study leave that does not include school.

You will see that one of the most frequent colours is white for free time. It is important to relax and socialise, and give yourself longer breaks the more you have been studying. Keep your timetable flexible and **balance** your time based on your priorities at the time and what is due.

	9am—1pm	1pm—4pm	4pm—5pm	5pm—6pm	6pm—7pm	7pm—8pm	8pm—9pm	9pm—10pm
Monday			HW/Study	Dinner				
Tuesday							Exercise	
Wednesday	School		Piano					
Thursday					Football			
Friday			NIGHT OFF (WOO HOO!)					
Saturday	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm
Sunday	DAY OFF (WOO HOO!)							

Split up your study time with breaks. For example, you may wish to spend 25 minutes studying, take a break for 5 minutes and then spend another 25 minutes studying. Vary this time depending on your own concentration levels. Complete different tasks or study a different subject in between breaks to keep focused.

As well as breaks, think about when to give yourself some extended time off, perhaps an evening or a day over the weekend. How much time you spend studying will depend on: deadlines for assessments, key dates for exams and subjects you find difficult.

PURPOSE

When assessments or exams are not due, use this timetable to set out how you will divide up your time between homework, studying, socialising, exercising, relaxing and hobbies/interests. It is important that you divide your time and find a balance. When assessments or exams are close, increase the time for studying and write in the subjects/topics you will explore.

QUICK TIP

Put your schedule/ timetable in a communal area at home, e.g.: on the kitchen fridge so that others are able to support you as you try to follow it.

Use these boxes to create a colour code for the different activities you are involved in.

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LEARN SPARK

STUDY TIMETABLE (AFTER SCHOOL)

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