



TREVIGLAS
ACADEMY

5+

EXAM SUPPORT PLANNING TIMETABLE

CONFIDENCE, PREPARATION, ACHIEVEMENT
EVERY DAY COUNTS.

Revision timetable :

EXAM SUPPORT

Focus Area	Advice
Set Boundaries	<p>Aim for 2 hours max on weekdays and 4 hours max on weekends.</p> <p>Remember attending a session 6 counts as one of those 2 hours!</p> <p>You must protect 8 hours of sleep.</p>
Schedule Breaks	<p>Use the 45/15 rule (45 mins focus, 15 mins break). Breaks should include movement—get away from your desk!</p> <p>Leave your devices alone till the end of the revision.... They are for you time!</p>
Manage Friction	<p>List your subjects/topics and prioritize the hardest ones. Start your day with the hardest subject when your energy is highest.</p>
Praise Process	<p>Focus on <i>adhering</i> to the plan, not <i>perfecting</i> it. Consistency is the goal.</p> <p>Tick off what you've mastered, those feelings of success will be motivating.</p> <p>If you are stuck take a break from it, bring your questions to your teachers.</p>

Thought for the week:

Focus on little and often, attending session 6 will help massively!

Be realistic with what you commit yourself to.

EXAM SUPPORT

Time	Monday 1 st Dec	Tuesday 2 nd Dec	Wednesday 3 rd Dec	Thursday 4 th Dec	Friday 5 th Dec	Time	Saturday 6 th Dec	Sunday 7 th Dec
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
Spax	<input type="checkbox"/>	Spax <input type="checkbox"/>	Spax <input type="checkbox"/>	Spax <input type="checkbox"/>	Spax <input type="checkbox"/>		Spax <input type="checkbox"/>	Spax <input type="checkbox"/>
To Do						To Do		

Thought for the week:

If you miss a session highlight it, try and fit it in later..... But don't give up!

EXAM SUPPORT

Time	Monday 8 th Dec	Tuesday 9 th Dec	Wednesday 10 th Dec	Thursday 11th Dec	Friday 12th Dec	Time	Saturday 13 th Dec	Sunday 14th Dec
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:

Nearly the end of term, but keep your revision ticking along.... Little and often!.

EXAM SUPPORT

Time	Monday 15 th Dec	Tuesday 16 th Dec	Wednesday 17 th Dec	Thursday 18 th Dec	Friday 19th Dec	Time	Saturday 20 th Dec	Sunday 21st Dec
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:

Getting back to revision, try for an hour a day during this week.

EXAM SUPPORT

Time	Monday 29 th Dec	Tuesday 30 th Dec	Wednesday 31st Dec	Thursday 1st Jan	Friday 2 nd Jan	Time	Saturday 3 rd Jan	Sunday 4th Jan
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:

Welcome back! Look back at the topics you've already covered.

EXAM SUPPORT

Time	Monday 5 th Jan	Tuesday 6 th Jan	Wednesday 7 th Jan	Thursday 8 th Jan	Friday 9 th Jan	Time	Saturday 10 th Jan	Sunday 11 th Jan
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:

What session 6's are you planning..... there'll be lots of great tips in these!

EXAM SUPPORT

Time	Monday 12th Jan	Tuesday 13 th Jan	Wednesday 14th Jan	Thursday 15th Jan	Friday 16th Jan	Time	Saturday 17th Jan	Sunday 18th Jan
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:
Penultimate week, pace yourselves!

EXAM SUPPORT

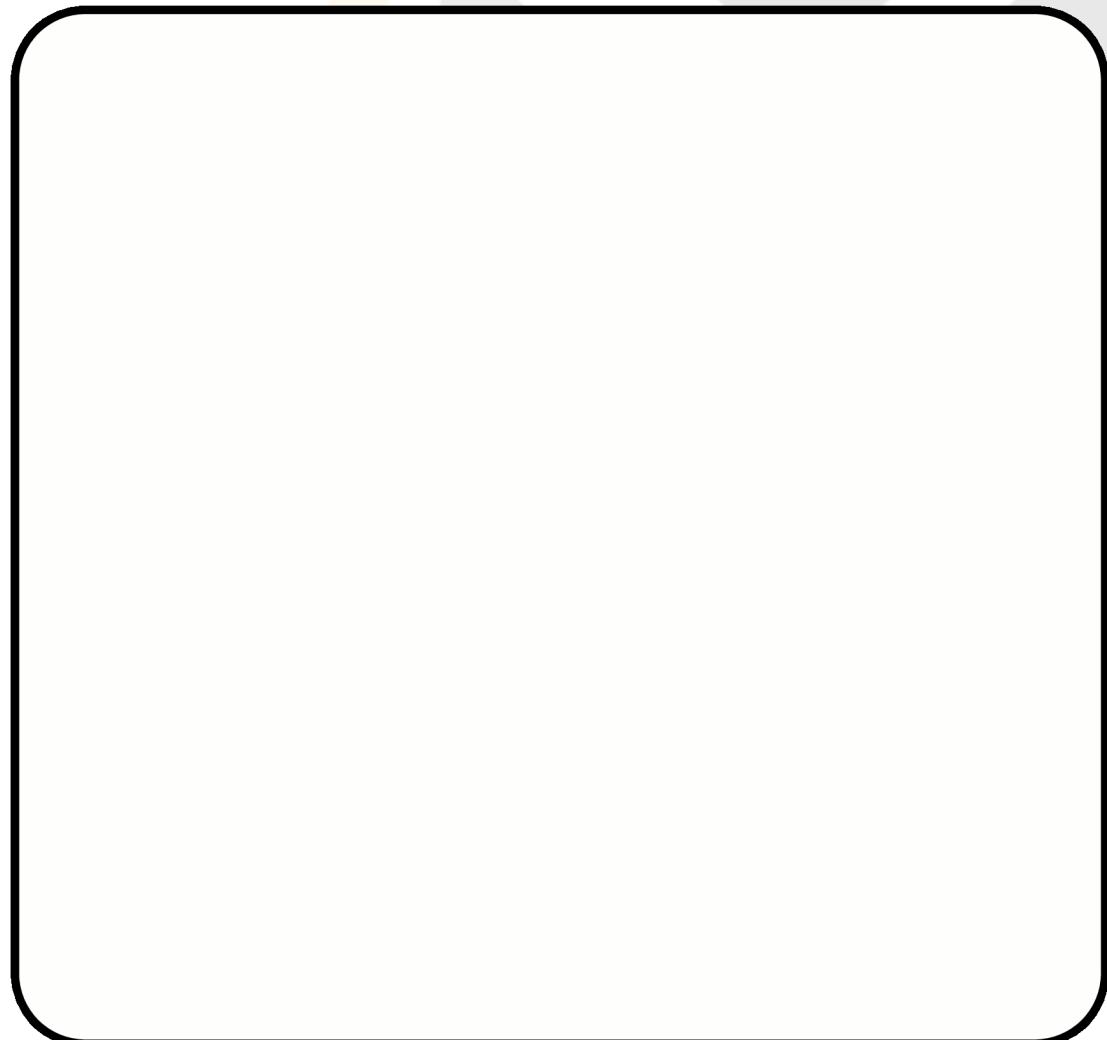
Time	Monday 19th Jan	Tuesday 20th Jan	Wednesday 21 st Jan	Thursday 22nd Jan	Friday 23rd Jan	Time	Saturday 24th Jan	Sunday 25th Jan
8:30am - 3pm						10am - 11am		
3pm - 4pm						11am - 12pm		
4pm - 5pm						12-1pm		
5pm - 6pm						1pm-2pm		
7pm - 8pm						2pm - 3pm		
8pm - 9pm						3pm - 4pm		
Checklist	Tassomai <input type="checkbox"/>	Checklist	Tassomai <input type="checkbox"/>	Tassomai <input type="checkbox"/>				
	Sparx <input type="checkbox"/>		Sparx <input type="checkbox"/>	Sparx <input type="checkbox"/>				
To Do						To Do		

Thought for the week:

You did it! Well done

EXAM SUPPORT

Notes



Time	Monday 26th Jan	Tuesday 27th Jan
8:30am - 3pm		
3pm - 4pm		
4pm - 5pm		
5pm - 6pm		
7pm - 8pm		
8pm - 9pm		
Checklist	Tassoma <input type="checkbox"/> Sparx <input type="checkbox"/>	Tassomai <input type="checkbox"/> Sparx <input type="checkbox"/>
To Do		



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