

‘Be your own best study buddy’ Weekly Revision Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Topic (25 mins)							
Topic (25 mins)							
Topic (25 mins)							
My break times							
Recap (10 mins)							
Recap (10 mins)							
Recap (10 mins)							
My Reward							

Making your plan

- How many weeks until your FINAL exam? Print a planner for each week and date them all until the end.
- Write in any plans you already have and block out those times – clubs, sports, job, family occasions etc.
- Choose one day each week as your day off and block that out as your fun day!
- Break down all your subjects into topics using the guide ‘turning subjects into topics’.
- Colour code your topics using the ‘traffic light system’ in the guide.
- Take a look at your planners and start slotting in your ‘Red’ topics first into the 25 minute slots, as they need the most work (use 2 slots if you need to).
- Then slot in your ‘yellow’ topics into 25 minute slots.
- Then your ‘green’ topics into 25 min slots.
- Allow some free slots in case things take longer than expected, sometimes they do.
- Use the 10 min slots to recap the topics from the day before. If you recap something the day after you revised it, it’s more likely to stick.
- During your exam weeks, you will need to plan your revision around what exams you have first. If you can get this system going leading up to your exams you won’t need to do heavy revision the night before, just some recapping, relaxing and resting.
- In between your 25 minute slots take a 5 minute break to do something completely different. If you can get yourself moving around all the better, it will get some oxygen to your brain giving your memory a helping hand.
- Remember to reward yourself with something lovely to look forward to every day and plan it in – you deserve it!
- Taking care of yourself at exam time is the most important part. You won’t be able to do any of this stuff if you don’t take care of your mind, body and soul. Check out my ‘Be your own best study buddy’ tips at www.leahsiandavies.co.uk/cat/blog/

Turning subjects into topics

- Make a list of all your subjects you need to revise
- Then under each subject write a list of topics within that subject

Traffic light system:

Highlight each topic with:

- **Red** – needs the most work and attention. Get to this first
- **Yellow** – needs some work and attention, work on this in between or after my ‘red’ topics
- **Green** – needs the least work, I know it pretty well, can slot in between other topics or after ‘yellow’ topics

Subject	Subject	Subject	Subject	Subject	Subject
Topics ↓	Topics ↓	Topics ↓	Topics ↓	Topics ↓	Topics ↓

Taking care of me at exam time

<p>Feed my brain What can I eat to keep me fuelled?</p>	<p>Brain boot camp What exercise am I going to do and when?</p>
<p>Play time What will I do to have fun?</p>	<p>Give my brain a hug How and when will I relax every day?</p>