

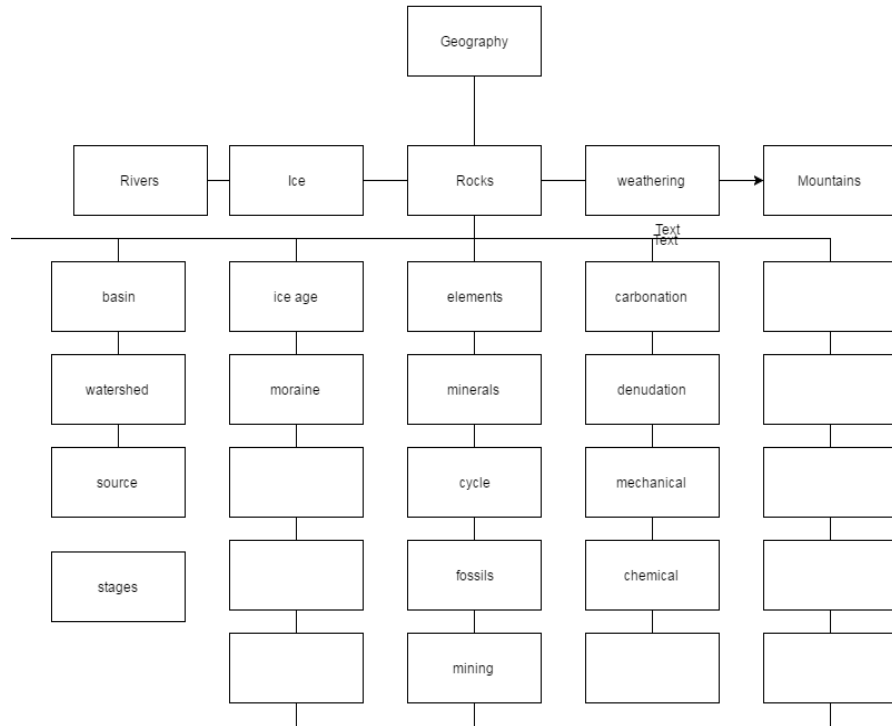
Sample Study Plan (1½ hours per evening)

Time	Start & Finish time	Subject	Topic / Pages	How to revise
25 minutes	4 – 4.25pm	Maths		Go over all tests and try the questions – test yourself & check your answers. See where you went wrong and try to do it correctly.
25 minutes	4.25 – 4.50pm	History		Read the pages. Do a mind map on the topic. Close the book. Write down what you remember about what you read. Check how much you remember and what you forgot. Write down what you forgot. Write paragraphs and bullet points.
20 minutes	4.50 – 5.10pm	Art		Practice drawing
20 minutes	5.10 – 5.30pm	Geography		Go over tests. Brainstorm main words. Read the pages. Write down what you remember – bullet points. Check how much you remember and write out anything important that you forgot.
Total = 90 minutes (1½ hours)	Start at 4pm Finish at 5.30pm			

My Study Plan (1½ hours per evening)

	Monday	Tuesday	Wednesday	Thursday	Friday
6.30 – 7.00					
7.05 – 7.35					
7.40 – 8.10					

Breaking down a subject into topics for study:



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
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4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

Study Space

Should be:

- Quiet – no distractions, iPads or phones
- Warm
- Ventilated
- Good lighting
- Clear desk, uncluttered

Equipment:

- Study Folder – tips & mind maps etc.
- Highlighters
- Post its
- Flash / Q cards
- Filing system for notes – folders
- Anything that makes it appealing

Goals:

- Revision check list – tick off as you revise
- Set realistic goals – talk to teachers and guidance counsellor
- Time tasks and set deadlines

Wellbeing:

- Mental health is more important than any exam
- Exercise – vital to de-stress – sport or walk the dog
REGULARLY no excuses
- Recharge the batteries and you will work more effectively
- Regular breaks
- Healthy food – plenty of sleep

Example of a Senior Cycle Study Plan:

Weekly Study Planner

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5- 5.45	Homework	Homework	Homework	Homework	Homework	11 - 11.45 French	11- 11.45 Irish
15 min Break						15 min break	15 min break
6 - 6.45	English	Biology	Maths	History	Geography	12 - 12.45 French Oral	12 -12.45 Irish Oral
15 min break							
7 - 7.45	English Past paper and Q cards	Biology Past paper and Q cards	Maths Past paper and Q cards	History Past paper and Q cards	Geography past papers and Q cards	6.30 - 7.15 French Past paper or Q cards	6.30 - 7.15 Irish Past paper or Q cards
7.45 - 8.30	Left over Homework	Left over Homework	Left over Homework	Left over homework	Left over Homework	7.30 - 8.30	