

SENIOR STUDY PLANNER

How to populate the planner

USER INSTRUCTIONS

This plan is fully flexible as some weeks will be much busier than others and each week you will have different activities such as assessments, exams, social events, excursions, competitions.

It is important to use your school based study periods productively as this will increase your content knowledge and free up your out of school time dramatically. It is a good idea to spend study periods at school and in a quiet place where you know you will be productive. Mathematics or a subject that has small sections of work, is a good subject to get completed in study periods because if you are interrupted you can pick up again easily and quickly.

ORGANISE: Enter the following content in the order below to establish a balanced plan. If one category does not apply to you can “skip it”

1. Employment
2. Meal times
3. Extracurriculars such as sport/exercise, creative or volunteering activities
4. School subjects, ensuring you have an even distribution of time set aside for each course.

REVIEW

Is your plan balanced with study, exercise, social and sleep? If not you may need to rearrange things

PRINT

Add your printed plan to your wall or somewhere you can see it to keep you on track

Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before School							
School							
4-5pm							
5-6pm							
6-7pm							
8-9pm							
9-10pm							