

Exam Timetable Kit

Get Back on Track start studying today!

Complete a week by week Study Timetable



1. Fill in **all essential activities** you have to do such as your summer job, if you are employed.
2. Fill in **non-essential activities**, such as social life, sports etc. Include in these in your weekly planner, see what you can reduce and by how much. It is important to have balance, fun and “downtime”, but remember STUDY is your PRIORITY.
3. When writing dates on a physical calendar, **use a pencil** so that it is easy to make changes if needed.
4. Don't create a schedule that is **overly rigid** or that isn't flexible enough to accommodate emergencies or conflicts that may arise.
5. Schedules should be created so that the study times are **consistent each day**, which will help create positive study habits.
6. Don't forsake **well-balanced meals** for study time. Poor eating habits can lead to fatigue, an inability to concentrate, and consequently less effective study time.
7. Schedule study time in a location that has **minimal distractions** or interruptions.
8. Study **one course at a time** for no more than two hours.
9. **Colour-coded schedules** are often easier to see and follow.
10. When you think you've finished your timetable, check that it achieves all of the following:
 - You've made time to study for **all relevant topics of every module** you have an exam for.
 - You've allocated **sufficient time** to study each topic at least 2 to 3 times, to include self-tests and exam paper questions.
11. Place the calendar or printed schedule in a **visible location** so that it is easy to see and follow.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							

Notes: