

ELEVATE EDUCATION'S

STUDY TIMETABLE

TIPS

HAVING A GOOD BALANCE BETWEEN YOUR SCHOOL WORK AND EVERYDAY LIFE HELPS YOU TO STAY MOTIVATED. FOLLOW THESE 4 SIMPLE TIPS TO GIVE YOURSELF A STUDY ROUTINE, WHICH YOU WILL ACTUALLY STICK TO!

YOU CAN PRINT THIS OUT, FILL IT IN ELECTRONICALLY OR CREATE YOUR OWN!

1. FUN STUFF FIRST

Before you block out time to do school work, fill in the times during the week where you do the things that you love! This may include sport, socialising, hobbies, TV and work!

2. STUDY IN THE GAPS

Where you have free blocks, lock in some times where you can do school work. Some days you may not need to use the whole block but at least you have it there if you need it.

3. GUIDE, NOT A RULE

This is not a rule book - you do not have to stick to this 100% of the time! Instead, think of it as a guide to your weekly routine.

4. FOCUS ON TASKS

Rather than set an amount of time to complete the work you have to do, focus on the task itself. Not only will this keep you focused but it will motivate you to get it done!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm