

Year 11 Study Tutorial Revision Timetables

Procrastination- or the art of putting something off

- Procrastination is the battle between your present self and your future self
- Everybody procrastinates
- We know we should probably make a start – but what's another hour? Another day? Another week?

Procrastination- focus on the first ten minutes

- Even if it revising for a subject you don't like, focus on the first ten minutes of that revision.
- That isn't so daunting is it?

Procrastination- eat the frog

- Mark Twain said 'if it is part of your job to eat a frog it's best to do that at the start of your day'
- Get the 'frogs' out of the way early

Procrastination - shorten your to do list

- There are loads of topics to revise for each subject
- Multiply this by all the subjects you have and it is daunting.
- Instead use your revision calendar to break down each day into four or five things you need to do each day.

Procrastination- a proper calendar

- A calendar can be a great time management tool
- But overfilling or underfilling can help procrastination.
- Overfill – no way I'll get it done
- Underfill? I've got time (hours?) to scroll through phone
- Schedule your revision into 20 to 30 min blocks to take up the time available.
- Build those instant gratification rewards in but make sure they don't take over

Step 1 – When are you revising?

- Are you starting revision during term time? [Revision Timetable 1.docx](#)
- How will revision change at half-term? [Revision Timetable hourly 1.docx](#)
- Set a clear deadline so you have something to work towards
- Be realistic – set aside enough time to make your revision goal achievable
- Block out all of the time that you are going to be busy – travel to school, being at school, meal times, regular after school events like clubs

Name: Revision Timetable

Week beginning:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							

Step 2 – What are you revising?

- What subject(s) do you need to prioritise? Make a list.
- What are the subjects you are weakest at?
- Which are the strongest subjects?
- When you get an exam timetable – what exams are first and last is also a consideration.

Step 2 – What are you revising?

Qualifications

Qualification Name	Grade
Combined Science	33
English Language	4
English Literature	3
French	1
Geography	4
History	4
Maths	4

End of Year 10 AP3

Priorities:

French
Combined Science
English Literature
English Language
Geography
History
Maths

Step 3 – Break subjects into topics

- 'Revise Maths' is too big and scary and vague to write on a revision timetable
- Break the subject down into the components for the exam. Your Science, Maths and English teachers will be able to guide you in this.
- You will have a complete list of the topics for all exams in your first mock.

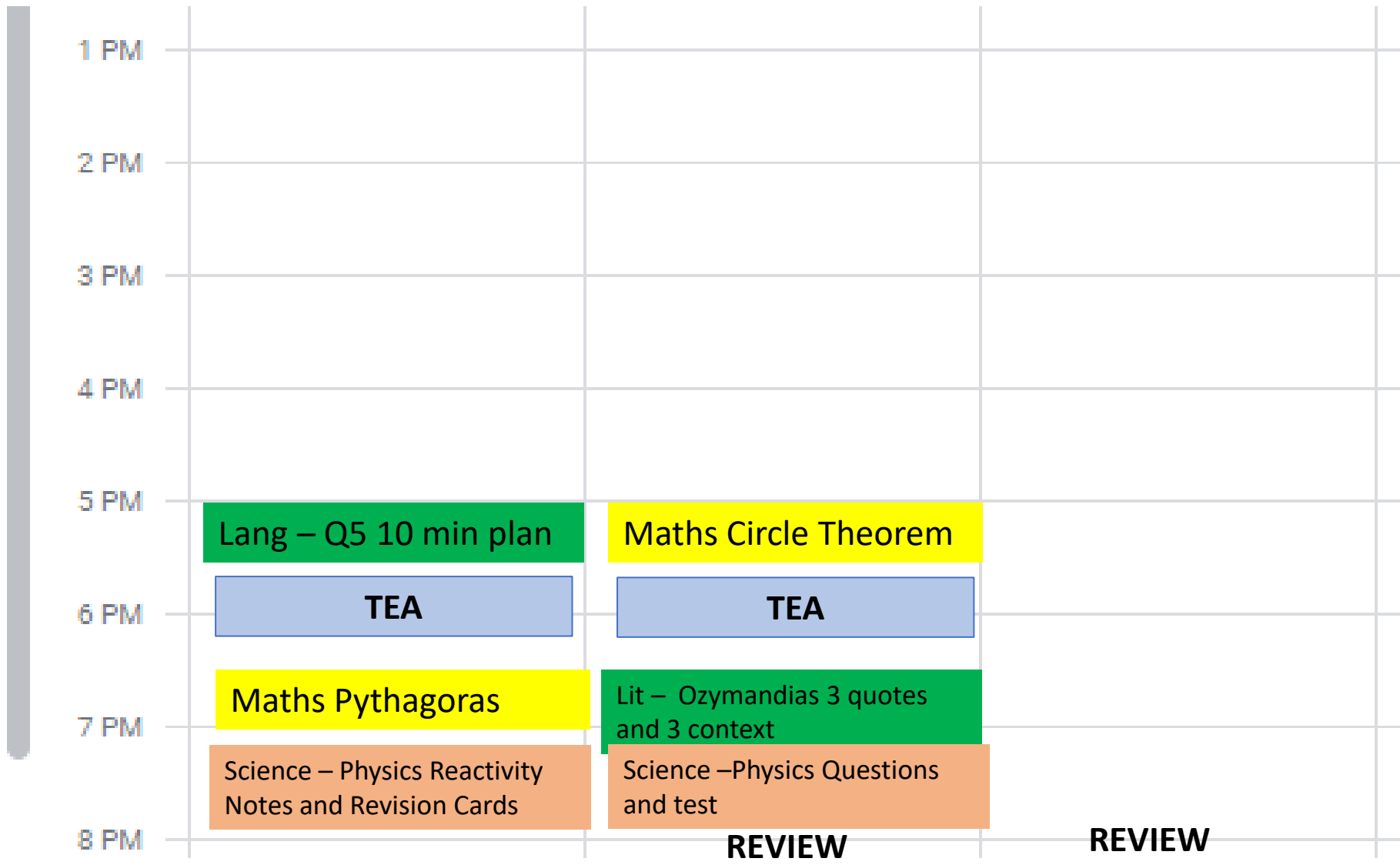
Step 3 – Break subjects into topics

Qualifications	
English Language	4
English Literature	3

Language	Literature
<ul style="list-style-type: none">• Question 3 – writing about structure• Question 4 - 'A student says' agree or disagree and develop an argument• Question 5 Writing a description - Planning	<ul style="list-style-type: none">• Revise 3 quotes per poem• Revise 3 context knowledge for each poem• Revise 20 quotes for Macbeth• Revise 20 context knowledge for Macbeth

Step 4 – Allocate 30 minute slots

- What is more challenging? Put it where it will be freshest
- Use colours to differentiate between subjects
- What will you get through quickest? Timetable these too as you will get a kick out of feeling that progress too
- Leave a blank 30 mins at the end of the day for testing/ reviewing what you have retained



Step 5 – Stick to it

- Self awareness
- Discipline
- Adaptability
- Organisation

Impulsivity or present bias

- This is prioritising instant gratification over longer term, larger goals like passing exams.
- Try temptation bundling with rewards like snacking whilst revision or rewarding yourself with phone time for ten minutes after 30 minutes revision
- If you can tie revision with rewards the dopamine hit is something that makes you keep coming back to form the habit.

Breaking and making habits

THE FOUR STAGES OF HABIT

- A habit consists of four things:
- A trigger that gets you to act
- A craving – a desire you want to achieve
- A response – the action of the habit itself
- A reward – a positive feeling you get from completing the habit

