

Holiday Period



At Half Term

Rest for the equivalent of 3 days

Study the equivalent of 4 days

At Easter

Rest for the equivalent of 1 week/7 days

Study the equivalent of 2 weeks/14 days

Each Study Day



Divide the study day into thirds each consisting of 3 hour blocks

Morning 9 am-12 noon

Afternoon 2pm – 5pm

Evening 6pm – 9pm

Rest for 1 : Study for 2

Depending on your social commitments

Examples:

study = morning + evening
shopping = afternoon

study = morning + afternoon
out with friends = evening

Rule of Thirds

Leisure and Learning

Each Study Session

40 MINUTES



In each 1 hour session of the 3 hour block study for at least 40 minutes, otherwise you are not embedding material into your long term memory – but do not go more than 50 minutes to avoid fatigue.

Take a 5-10 minute break between each session.

DO NOT do social media, texting, gaming etc. in this time. It will interrupt what you have just spent 40 minutes putting into your head!

Get some fresh air, have a brew.

Then back to work but change subject – so you keep fresh.

Know the true value of time;
snatch, seize, and enjoy every
moment of it.

No idleness, no laziness, no
procrastination;
never put off till tomorrow what
you can do today.

Lord Chesterfield