



Your Turn

It's easy to say we're going to get all our work done week in, week out without fail. But the problem is even though we have the best of intentions, we very seldom actually fit more study into our schedules. Or things could go too far the other way – we end up giving up the things we love and spend too much time on work. The solution to this is to make a study timetable – but again, this is easier said than done.

To make sure your study timetable actually works you need to do something different - you need to work out when you realistically won't be able to study, and then fit your study around it. This way, your study timetable protects the things you absolutely can't do without, while also helping you fit some study in.

Study Down-Time Planner

When do you have things on that will make it hard to focus on study?

Type of Activity	What is the specific activity? <small>(e.g. netball training, netball game)</small>	What day and time do you do it?
Sport	Footy training & game	Wednesday 6pm - 8pm Saturday 12pm - 3pm (game)
Hobbies	Running	Monday - Friday 7am - 8am
TV shows	Modern Family	Sunday 7.30 - 8.00pm
Work	Maccas	Tuesday 5pm - 8pm
Socialising	Chilling at Robba's house	Saturday 10am - 6pm



To Do:

1. Once you've completed page 2 of your workbook, it's now time to put the times you aren't going to be able to study into your study timetable (on the next page – or you can create one yourself if you'd prefer). If you don't know how, have a look at the example below:

Weekly Study Planner
When are you going to get your study done?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00							
4:00	STUDY GROUP						
5:00				Facebook			
6:00		WORK	FOOTY TRAINING		MUSIC LESSON		CHURCH
7:00					Youth Group		
8:00							
9:00	Facebook						
10:00				LATELINE			
11:00							
12:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							TV
20:00							
21:00							
22:00							
23:00							

2. Once you've added the non-study time blocks into your weekly planner, add in study. With the weekly planner above, this student has at least one thing they love doing scheduled in each day of the week. They also have a lot of blank space around those times during the day when they could fit some study in. Now that you've blocked out some time each day for things you enjoy doing, where can you fit the study? The example above is finished for you below:

Weekly Study Planner
When are you going to get your study done?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00	STUDY GROUP		Chem Revision				
4:00	STUDY GROUP	English Notes		Facebook	Music Practice		
5:00							
6:00	English Assignment	WORK	FOOTY TRAINING	Makes Q7-9	MUSIC LESSON		CHURCH
7:00					Youth Group		
8:00				Music Practice			
9:00	Facebook	Q3-5 (Maths)	SOSE Assignment	LATELINE			English Assignment
10:00							
11:00							
12:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							TV
20:00							
21:00							
22:00							Facebook
23:00							



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