

Weekly revision timetable

Remember to include breaks, mealtimes and time out for activity and relaxation



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 am							
8-9							
9-10							
10-11							
11-12							
12-1 pm							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							

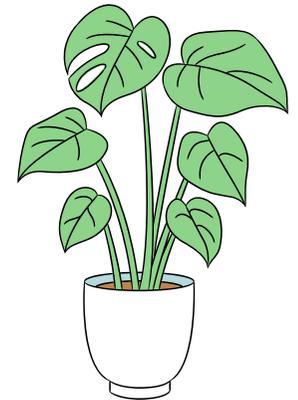
Five Tips for self care

1. Regular breaks - have a healthy drink or snack, get up and move about, stretch or go for a walk
2. Take time out to socialise with friends or do things you enjoy and treat yourself
3. Exercise - it helps to increase your awareness and ability to concentrate (it doesn't have to be much, some is better than none)
4. Rest and relaxation - get plenty of sleep (whatever is the right amount for you)
5. When you are stressed, talk to someone



Five Tips for productivity

1. Prioritise your workload. Do something easy at the start to get motivated
2. Be organised and plan a timetable in advance – downtime should be built into your schedule
3. Find a quiet, well-lit, comfortable space to study where you will not be disturbed
4. Try different study techniques or study with a friend
5. Try not to eat too much junk food and avoid alcohol and caffeine



Useful resources

HealthyU for health and wellbeing guidance at UoN - nottingham.ac.uk/go/healthyu

Student Minds - studentminds.org.uk/examstress

Mind - mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress

