

# MONTHLY REVISION PLANNER



**LIMAVADY**  
GRAMMAR SCHOOL

Number of Subjects  Number of Revision Sessions  Number of sessions per subject

<b>MONDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>TUESDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>WEDNESDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>THURSDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>FRIDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>SATURDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>	<b>SUNDAY</b> _____ Subject/Class Task ✓ _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/>
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**SESSIONS**  
Consider how long each session will last (between 30 minutes to an hour is ideal). Think about how many sessions you will have time to fit in every night. You can't do everything!

**BREAKS**  
Breaks should last for about 5 minutes. This will help you consolidate. It's a chance to have a snack, go to the toilet or have a walk about.

**SPACED PRACTICE**  
Research tells us it is better to study a little bit over several nights rather than a lot on one night. This gives time for consolidation. This means the information will stick in your head better.

**DISTRACTIONS**  
Look around. What do you see? Are there any distractions you can remove like your phone?