**Exams Revision Timetable**

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| **Max**  **2-4 h** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| School – working hard in lessons, playing hard at clubs | | | | | | | |
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| 8.30 pm onwards relaxation time and preparation for a good night’s sleep. | | | | | | | |

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| **Max**  **2-4 h** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| 8.30 pm onwards relaxation time and preparation for a good night’s sleep. | | | | | | | |
| **Max**  **2-4 h** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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**Exam Week**

Revision will be quizzing based. Quizzing your self-using your revision resources for the exams the next day so that the information will go into your long-term memory and you will be able to recall it in the exams.

Make sure you have time to relax, lots of good food and sleep. This is the time to prepare mentally for the exams. You have done all of the hard work all year in lessons, HL, and you have prepared well. These exams are your opportunity to show off all of your hard work all year- be confident- be positive- be composed.

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| **Max**  **1.5-2 h** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Exams** |  |  |  |  |  |  |  |
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| 8.00 pm onwards relaxation time and preparation for a good night’s sleep. | | | | | | | |

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| **Max**  **1.5-2 h** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Exams** |  |  |  |  |  | Reward time!  Make some plans to reward yourself for all of your hard work ☺ |
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| 8.00 pm onwards relaxation time and preparation for a good night’s sleep. | | | | | | |