

RENFREW HIGH SCHOOL

Senior Phase Study Planner



Renfrew High School Study Plan

A message from the Heartly Lives Team

The secret
to getting
ahead is
getting
started

Renfrew High School Study Plan

Everything is easier when you have a plan so if you are feeling overwhelmed and struggling to prioritise, learn how to create a great study plan that will help you focus on the actual studying.

Avoid cramming

Lack of sleep stops the brain from absorbing information as effectively so skip the caffeine-fuelled all-nighters, get a good night of rest and you'll feel more prepared.

Plan ahead and manage your time

Schedule your studying, prioritise your time, and focus on your most urgent subjects. Spread your schedule out throughout the day and give yourself a break from one subject by working on another - nobody can study Maths for the whole day. The more you stick to your plan, the more productive and prepared you'll be.

Studying

Find a place to study which suits your study habits and keeps you focused. Nobody can study 24/7 and you don't have to do all your work in one go. Take regular breaks to give your brain a refresh.

Don't panic

Your study plan isn't set in stone so, if you're struggling to keep up, take the time to look over your schedule and re-plan it to get back on track. Even with your study plan, you may run out of time and find you can't cover all your topics. If this happens, try to prioritise your problem areas.

Tips and Advice for the Learning and Teaching Team

Please visit this site for more tips and advice from the learning and teaching team:

<https://sway.office.com/lokkBSQqv3tuVykg?ref=email>



Renfrew High School Study Plan

3 rd May	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Renfrew High School Study Plan

10 th May	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Renfrew High School Study Plan

17 th May	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Renfrew High School Study Plan

24 th May	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Renfrew High School Study Plan

31 st May	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Renfrew High School Study Plan

7 th June	Planned Assessments	Study Session 1	Break	Study Session 2	Break	Study Session 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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