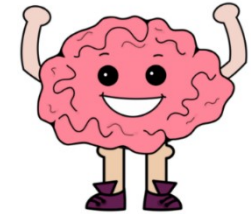


It can be helpful to create a study timetable which includes regular breaks. Regular breaks can help to improve your memory, restore motivation, and helps you to make better decisions. **The Pomodoro technique** is where you study/revise in 25-minute chunks, followed by a 5/10-minute break. After 4 study chunks, you have a longer break (20-30 minutes). Use the table below to write the subjects you will revise in each 'study chunk' and write what you will do during your breaks. Remember to begin with the subjects you find trickier first.

BRAIN BREAKS



Day 1	Day 2	Day 3
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Break (10 minutes)	Break (10 minutes)	Break (10 minutes)
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Break (10 minutes)	Break (10 minutes)	Break (10 minutes)
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Break (10 minutes)	Break (10 minutes)	Break (10 minutes)
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Longer break (30 minutes)	Longer break (30 minutes)	Longer break (30 minutes)
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Break (10 minutes)	Break (10 minutes)	Break (10 minutes)
Study chunk (25 minutes)	Study chunk (25 minutes)	Study chunk (25 minutes)
Finish for the day- give yourself a reward ★		