

When you are about to quit remember why you started

Dear 6th year, As you approach the Christmas holidays think about planning your 16 days off.

By all means take a break and enjoy the festive season. Write down the planned activities.

Try to get some BLOCKS of work completed -> Set S-M-A-R-T GOALS / Targets to 'catch up'

<p>EXAMPLE: Mon Dec 24 th</p> <p>1030 - 1100 Biol 30 min 1100 - 1130 Engl 30 min 1130 - 1200 Math 30 min 1230- 1300 Econ 30 min ***B R E A K*** 1430 - 1500 Irish 30 min ***B R E A K*** 1700 - 1730 Span 30 min Total today = 3 hours</p>
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Use the Revision Target Sheets to identify areas which require some attention (study!). List topics, definitions, experiments, diagrams, Maths formulae, sample answers

Please use the guidelines (*HOMEWORK section) in your Journal to guide your plan for the optimum number of hours of study

Sat Dec 22	Sun Dec 23

S	specific	(Maths/Biology)
M	measurable	(2 new verbs)
A	achievable	(10 new words, 1 exam Q)
R	realistic	(Aim *3-4 hrs - in BLOCKS/day MAX)
T	time limit	(20min / 30 min) PLAN **BREAKS** involve the people at home (your TEAM)

Mon Dec 24	Tue Dec 25	Wed Dec 26	Thur Dec 27	Fri Dec 28	Sat Dec 29	Sun Dec 30
	<p>CHRISTMAS Day</p> 				<p>When you are about to quit remember why you started</p>	
Mon Dec 31	Tue Jan 01	Wed Jan 02	Thur Jan 03	Fri Jan 04	Sat Jan 05	Sun Jan 06
	<p>New year new beginnings Happy 20 - 19</p>			<p>Make today count</p>		