



MAKE A PLAN TO MAKE THE MOST OF THE TIME BEFORE THE TRIALS

Step 1

Be clear on what you need to know and what you need to do. For each of your subjects, list the topics or areas that will be covered in the examination. Do you know what chapters or sections of your text or reference will be covered? Do you know the format of the exams? Have you made summaries or study notes? Ideally, what sorts of things should you do to study and practise for these examinations? What would you like to do or get done before the Trial HSC Examinations? Fill in the grid with this information.

Step 2

Allocate the blocks of time you will set aside for study during the holidays.

Some things to think about:

- How much study are you going to try and get done over the holidays? The range could be anywhere from 0 hours a day (not good) to 12 hours a day (out of control).
- Are you going to work weekdays and have weekends free? Are you going to work mainly during the day? Will you sleep in or will you get up early and get into it? How long will you do work for at a time? How many blocks of work will you do each day?

Some suggestions are as follows and they build in intensity:

PLAN A: Give yourself a few days off at the start totally. Relax, unwind, get rested from a hectic term. Plan to work on the weekdays and have weekends off. Do around 5 hours a day. Sleep in then study 11-2 then 3-5. (This is the absolute minimum of minimums you could do. In fact, this isn't very much at all to prepare for the Trials. This MIGHT be OK depending on how organised your study notes are so far but you would not be expecting fabulous marks from this).

PLAN B: Take the first weekend off work totally. Plan to do around 6 hours a day on weekdays and work on major works for Art or D&T etc on the weekend. Do work from 10-1 then have a break for a few hours, then work 3-6. Or alternatively you may work in two hour blocks 9-11, 12-2, 3-5. Take the rest of the night off. Do lots of work on major works on weekends and some nights. (This would be an OK plan of study – perfectly acceptable. Most people will be looking at something similar to this.)

PLAN C: Take the weekend off and then start Monday. Aim to do around 7 hours a day of work for 6 days taking Saturday night and Sunday off. Do one block of study from 9-11.30, 12-2.30, 3-5.30. Or alternatively you may prefer to structure your work 8.30-12.30 (one big block with short breaks) then 2-5pm or even 8.30-12.30pm then 5-8pm. (This is a pretty intense plan, an extra day on Saturday and just those extra hours really add up. If you are pretty motivated and disciplined, you could do this plan but it requires commitment and a desire to do really well. High achievers are looking at something similar to this.)

PLAN D: I know a student who before their HSC was doing around 10-12 hours of study a day. That basically means you get up and you don't really stop much till you go to bed. Not only does this require huge amounts of discipline but it is also really difficult to sustain. Your parents and teachers warn about burning out and most people would under this regime. Most people also require relaxation and down time or their brain just gets exhausted. Most students are also not able to sustain effective concentration for such a long period of time. Not the recommended approach!

If it was me? What would I do? I'd take the first weekend off to start with. I'd definitely have every Saturday night and all Sunday off. I'd try and always finish each day by 6pm so I could have the nights off. I'd probably aim for about 7 hours a day. I wouldn't want to start too late as then it is hanging over your head, but I hate getting up early too so I'd aim to start about 9.30pm. I'd do a 3 hour block to start, then have lunch and a break and 2 lots of 2 hour blocks after that. So 9.30-12.30, 1.30-3.30, 4-6. I'd probably aim to do this Monday to Friday and have Saturday sort of as an overflow day for the things I wanted to get done during the week but ran out of time. Go out Saturday night. Relax and bludge on Sunday. Manage your work time well and you can relax and enjoy your time off guilt free.

Step 3

Now it is time to plan out your work over the period. Some things to think about. Do you prefer:

- just focusing a few subjects for a whole day
- doing blocks of work in a day for different subjects
- doing certain combinations of subjects together
- do you need to spend equal time on your subjects or do some require more work than others
- which subjects do you find hardest and are you better to do that in the first block of each day

Once you have decided, write in what subject you will do in each time slot.

Step 4

Finally, what are you going to do in each block of time for that subject. In pencil, because it will probably change as you go, look at what you wrote down in the first grid about the things you'd like to get done. The first week you should focus on catching up work you didn't get done in the term and working on study notes and organising all your material on that subject. The second week you should look at starting to actually study, do some past papers and continue to work on your study notes. It is often a good idea just to plan the detail of what you will work on for that subject on the next day the night before. That way you plan based on whatever work you completed previously.

STEP 2

| |
|---------------------|
| Monday 9-11 |
| 1-3 |
| 4-6 |
| Basketball training |

STEP 3

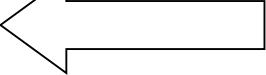
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|----------------------|
| Monday 9-11 MATHS |
| 1-3 ENGLISH |
| 4-6 HISTORY |
| Basketball training |

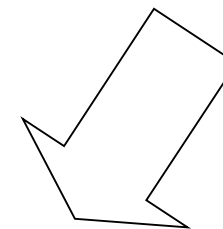
STEP 4

| |
|--------------------------------------|
| Monday 9-11 MATHS |
| - work on summaries chapter 15-22 |
| 1-3 ENGLISH |
| - <i>organise notes on Emma</i> |
| <i>and write a one page</i> |
| <i>overview on each character</i> |
| 4-6 HISTORY |

Note: It can be a bit frightening and depressing going through this process. You discover how much you have to do and how little time there seems to be to get it all done in. Don't despair! Everyone feels this way and it always seems like there isn't enough time. The trick is to accept that this is how much time you have, so what is the most effective and productive way you can use this time. But without a plan, it is unlikely you will be as productive or efficient as you could be. Instead, you spend time each day deciding what to work on, shuffling papers around and getting more and more stressed. Talk to your teachers and ask for their advice on exactly what you should be doing to prepare in their subject.

DECISIONS TO MAKE ABOUT THE HOLIDAYS:

- How many hours of study do you want to do per day in the holidays? _____ 
- What will be your timeslots for each day, how will you structure your day? Some examples are listed below, but what will you do?
Some examples of how you might structure your day:

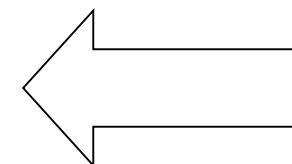


| 6 hours per day | 6 hours per day | 8 hours per day | 8 hours per day | 7 hours per day | Your timeslots: |
|---------------------------------|---|--|--|--|-----------------|
| 9-12 subject 1 2-5 subject 2 | 10-12 subject 1 2-4 subject 2 6-8 choose 1 or 2 | 9-12 subject 1 2-5 subject 2 7-9 choose 1 or 2 | 9-11 subject 1 12-2 subject 2 4-6 subject 1 7-9 subject 2 | 9-10 review 11-2 subject 1 3-6 subject 2 | |

Note:

- Start by 10am at the latest so your sleep patterns don't get thrown out
 - Choose a minimum amount of time and if you do more that's great. Many students aim for 6 hours and do more if they can.
- What is your 'cycle' of study going to be? Write your subjects in on the cycle that fits you.

| 5 subjects - 3 day cycle | 6 subjects - 3 day cycle | 7 subjects - 4 day cycle | 8 subjects - 4 day cycle | FILL IN YOUR COMBINATION OF SUBJECTS HERE: |
|--|---|---|---|--|
| Day 1 - subject 1 - subject 2 Day 2 - subject 3 - subject 4 Day 3 - subject 5 - whatever weakest | Day 1 - subject 1 - subject 2 Day 2 - subject 3 - subject 4 Day 3 - subject 5 - subject 6 | Day 1 - subject 1 - subject 2 Day 2 - subject 3 - subject 4 Day 3 - subject 5 - subject 6 Day 4 - subject 7 - whatever weakest | Day 1 - Maths - History Day 2 - French - Chemistry Day 3 - English - German Day 4 - Ext Hist - subject 8 | Day 1 - (harder) - (easier) Day 2 - (harder) - (easier) Day 3 - (harder) - (easier) Day 4 (if needed) - - |



Note:

- Put 'different' types of subjects together and do the weakest subject in the morning session
- Do you want to spend equal time on all subjects? Do some need more? What about extension subjects?
- For English you might alternate between Paper 1 and Paper 2 practise.
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WHAT ARE YOU ACTUALLY GOING TO DO FOR EACH SUBJECT? FILL THIS OUT AT THE END OF TERM

(The night before, look at what subjects you have allocated, look at this list, decide what you will do the next day and get everything out and ready):

| | | | |
|---|---|---|---|
| <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> |
| <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> | <p><i>SUBJECT:</i> <u>Things I should do to study for this subject:</u></p> |

| | | | | | | |
|---|---|---|---|---|---|---|
| S | S | M | T | W | T | F |
| S | S | M | T | W | T | F |
| S | S | M | T | W | T | F |