

Year 11 Final GCSE Push

Easter Revision Study Log 2019



"Of course I'm revising. What does it look like I'm doing?"

Introduction

Well here we are. Easter is almost upon us, and the last real chance to give your revision a kick start, either if you know you haven't done enough (yet) or you want to catch up some missed hours.

If you REALLY wanted to blitz it, perhaps because you are miles behind, you could treat each day of the holidays as a school day and put in 5-6 hours a day!

However, if you haven't established a habit of working longer hours in your own time, finding the self-discipline to do 6 hours daily will be a real challenge.

On the 'Catch-Up' Revision Timetable we have issued to Year 11 recently, we are strongly (and I mean strongly) recommending a **minimum of three hours revision each day**, right through and during the examinations.

3 hours a day revision minimum!

Note that the GCSE exams start 3 weeks after Easter...

Using This Study Log

You are about to start a marathon! It can be tough to manage your time and self-discipline as you train for sitting all your GCSEs. You will get tired, take some knocks, but have to **look after yourself** and **stay focused**.

This is where this Study Log comes in. Please take time to explain this booklet to your parents. They are there to help you, but it can be tough knowing how much to push you. The log helps prove whether you are (or aren't!) revising enough.

Use the log as evidence to your parents (but mostly yourself) to prove you are on top of things and **getting the hours in** and not falling behind because there really is no extra time to catch up if you don't keep on top of things.

You can also keep a track of **your eating** (do try and stay healthy as you 'train') **your sleeping** (suggested around 8 hours a day...) and **your exercise/chill time** (but you **must** get the balance right!). *Don't spend every morning in bed!*

Use the logbook to motivate yourself (or guilt yourself!) to #KeepGoing
#DoWell! Mr W.

EXEMPLAR PAGE

My Study/Activity Log

| Time Slot | What did I actually do today? Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities. | Time spent actually studying |
|------------|---|------------------------------|
| Before 9am | Walking to school | |
| 9am - 11am | Easter Revision Session in Maths at school. - mostly algebra and problem solving | 2 hours |
| 11am - 1pm | Easter Revision Session in Chemistry at school - ionic, covalent bonding, periodic table | 1 1/2 hours |
| 1pm - 3pm | Lunch, walked home English - revised poems: Valentine, Gray Apologia, Manhunt ^{The Soldier} | 1 hour. |
| 3pm - 5pm | Watched Netflix with mused, chilled out | |
| 5pm - 7pm | Preach - practised my speaking test, went through notes Geography - plate tectonics, glaciers | 30 mins 30 mins |
| 7pm - 9pm | Pizza hut then cinema with mofes (reward for one week of at least 5 hours a day!) | |
| After 9pm | Cinema, getting home | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|--|-------------------|
| Breakfast | BANANA - must try and eat cereal or cereal bar.. | 8:30 am |
| Lunch | Cheese sandwich and crops from Spa on way back. | 1 pm |
| Dinner | Buffet at pizza hut. 3 slices and 2 salad bowls! | 8 pm |
| Snacks | Sweets at MUDRA session in school 😊 | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity - Details: | Time Spent: |
|--|---|-------------|
| Woke up: 8:00 am | walking to school/back this morning | 40 mins |
| Got out of bed: 8:15 am | Getting to bus stop/cinema | 30 mins |
| Went to bed: 10:30 pm | | |
| Lights out: 11:30 pm Need to sleep earlier! | * Need to do hour at gym tomorrow | |

Saturday 6 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
|------------|--|-------------------------------------|
| Before 9am | | |
| 9am – 11am | | |
| 11am – 1pm | | |
| 1pm – 3pm | | |
| 3pm – 5pm | | |
| 5pm – 7pm | | |
| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Sunday 7 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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| 9am – 11am | | |
| 11am – 1pm | | |
| 1pm – 3pm | | |
| 3pm – 5pm | | |
| 5pm – 7pm | | |
| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-------------|----------------|--------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------------|--|--------------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Monday 8 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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| Before 9am | | |
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| 3pm – 5pm | | |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-------------|----------------|--------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------------|--|--------------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Tuesday 9 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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| Before 9am | | |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-------------|----------------|--------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------------|--|--------------------|
| Woke up: | | |
| Got out of bed: | | |
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| Lights out: | | |

Wednesday 10 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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| Before 9am | | |
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| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-------------|----------------|--------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------------|--|--------------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Thursday 11 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Friday 12 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-------------|----------------|--------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------------|--|--------------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Saturday 13 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Sunday 14 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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| Before 9am | | |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Monday 15 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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My Food Diary

| Meal | Details | Approximate time? |
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| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
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Tuesday 16 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
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Wednesday 17 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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My Food Diary

| Meal | Details | Approximate time? |
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| Breakfast | | |
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| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
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| Woke up: | | |
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Thursday 18 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
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| Woke up: | | |
| Got out of bed: | | |
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Friday 19 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent actually studying |
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My Food Diary

| Meal | Details | Approximate time? |
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| Breakfast | | |
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| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
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| Woke up: | | |
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Saturday 20 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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My Food Diary

| Meal | Details | Approximate time? |
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| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Sunday 21 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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| 7pm – 9pm | | |
| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
|-----------------|---|-------------|
| Woke up: | | |
| Got out of bed: | | |
| Went to bed: | | |
| Lights out: | | |

Monday 22 April

My Study/Activity Log

| Time Slot | What did I actually do today? <i>Give details of Easter School Sessions attended, or revision at home, but include a word or two about the subject and topics, or other activities.</i> | Time spent <u>actually</u> studying |
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| After 9pm | | |

My Food Diary

| Meal | Details | Approximate time? |
|-----------|---------|-------------------|
| Breakfast | | |
| Lunch | | |
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| Snacks | | |

My Sleep/Wellbeing Diary

| Sleep Pattern: | Any Exercise/Walking/Relaxing/Activity – Details: | Time Spent: |
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