



**Study Plan – Week No:**

**Student Name:**

	<b>Subject 1 – 30 minutes</b>	<b>Subject 2 – 30 minutes</b>	<b>Subject 3 – 30 minutes</b>	<b>Subject 4 – 30 minutes</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

*Mol an Óige agus Tiocfaidh sí*



## **How do I study?**

- 1. Read over the material that was covered on the topic (small sections)**
- 2. Pause and think about what you have read**
- 3. Re-read the section again**
- 4. Drink a glass of cold water**
- 5. Brainstorm what you have learned on paper**
- 6. Take little notes**

**REMEMBER to take several breaks every 30 minutes.**