

My Study Plan.

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY	TIME	SUNDAY

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Dear Students,

We hope you have a wonderful Christmas break and enjoy the rest. The Christmas holidays are a great opportunity to spend time with friends and family.

On the reverse of this sheet we have printed a blank study plan. We are advising you to make good use of your time this Christmas and in an effort to prevent you from becoming too stressed before your Mock exams we are recommending that you do three hours study per day.

It may be best to do this study in the morning time when you are fresh. If you get up early and begin your study by nine am you will be completed by lunch time - other teenagers may still be in bed at this time and so you miss nothing!!

You will achieve the best results from this plan if you work together with your parents. Every one will be clear on the plan for the Christmas holidays and so disagreements over study will be avoided.

Complete your plan; put in on a wall / on the fridge so everybody is clear and get started!

Enjoy the break and we hope you will feel a great sense of achievement on your return to school.

Eat well, sleep well and stay safe this Christmas.

Kind Regards,

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Sarah-Jane Gunn.

School Guidance and Counselling

Dunshaughlin Community College.

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Catherine Gannon.

School Guidance and Counselling

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