



REVISION TIMETABLE

"THE EXPERT IN ANYTHING WAS ONCE A BEGINNER"

SUN	MON	TUE	WED	THU	FRI	SAT

Tips For Tackling Procrastination

- Before starting- don't forget your duas
- Keep your targets realistic- if you believe you can achieve
- It doesn't matter if you missed a day or weren't able to stick to the exact schedule. Start afresh, but keep going
- If things don't go to plan- Don't lose hope. Stop beating yourself up about yesterday and focus on today
- The mental breaks are important. Schedule in 'me-time!' otherwise you are going to burn out
- Before Salah, shut everything off. Don't think about revision or all the work left to do. Breathe, pray and rejuvenate.
- Don't compare yourself to other people- we all work at our own pace. As long as you are doing what you need to
- Try and get an early start to the day- those extra few hours in the morning can work miracles
- Don't underestimate the power of past exam papers
- Don't forget the bigger picture- it isn't just about passing exams. As Muslims we strive for excellence in what we do and use the knowledge we gain to benefit those around us.

To do List

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Urgent

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