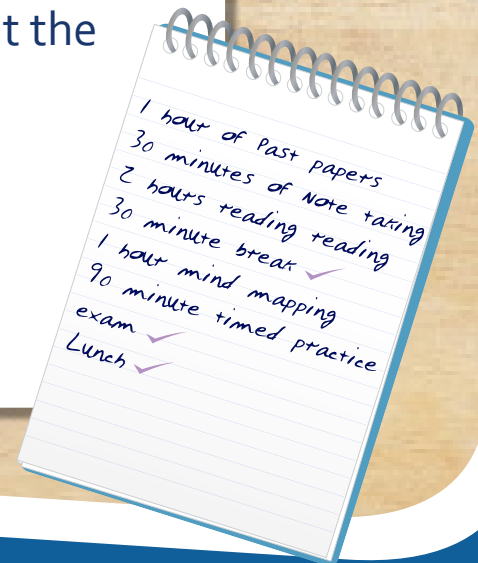


SQA Study Guides

Creating a study plan

Everything's easier when you have a plan.

- When you're well organised your studying will be so much more efficient.
- You'll avoid trying to cram everything in at the last minute.



Planning is all about thinking ahead.

- What do you need to do to reach your goals?
- How can you develop a comfortable study routine
- Remember, you can't study all the time!



Start your planning by looking at the time you have available:

- Work back from the exam dates
- Fit the topics you need to study into the time slots you have available.



Focus on the time you have available and the material you want to study.

- Be realistic about how long you'll be able to study each day.
- You have to find the level that works for you.



Some people use a sheet of paper, others prefer to work on a computer.

- Your plan should be a bit like a diary.
- Spread a few one-hour slots around the day.



It takes a bit of self-discipline to stick to a study plan.

- The closer you follow your plan, the easier it gets.
- Treat yourself every now and then to some good quality leisure time!



If things slip a little, don't panic and abandon your plan.

- Think through the work you still have to do and re-plan it.
- Be realistic with your workload and timing and you'll soon be back on track.

