



### Why the plan?

In our experience, we have three types of student meeting us in January. Firstly, the student who did no work over the break from school and is stressed as a result. Next is the student who didn't take a break and is exhausted and then of course, there is the student who got it right and made the most of the break. We have photocopied this calendar in the hope that we will have less students of type 1 and 2!

The aim of the calendar is therefore to allow you

1. To avoid the horrible feeling that you have "wasted" so much time and feel guilty.
2. To avoid the horrible feeling that you haven't had a break and start back in January 2019 exhausted. We need to pace ourselves.

We are conscious that not everyone celebrates Christmas but either way there are seventeen days to consider. Based on an eight hour working day, that is one hundred and thirty six hours! Two hundred and seventy two half hour study sessions!!!! A lot of work could be done, but we believe that you need to pace yourself also.

With this in mind, we ask you to plan your days in advance. Do not simply write off a day as you are going to a party later that night. For example, on the afternoon that you are meeting friends and going to the January sales, could you put in two hours study before you leave? It would be all too easy to write off the day because of two hours shopping. We have filled in the calendar using our imagination and time tabled forty hours of study! We have no doubt that your life is very different to ours! We have also provided you with a blank copy so that you can fill in the calendar for yourself.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Friday 21<sup>st</sup> December</b>	Study from 10 – 1	Shop till I drop!	Perfect the lights on the Christmas tree
<b>Saturday 22<sup>nd</sup> December</b>	Sleep in	Study from 2 -5	Cinema time – Mary Poppins!
<b>Sunday 23<sup>rd</sup> December</b>	Sleep in	Visit Joe	Study from 6 – 9
<b>Monday 24<sup>th</sup> December</b>	Netflix	Make the trifle	Father Ted special
<b>Tuesday 25<sup>th</sup> December</b>	Family and friends	Family and friends	Family and friends
<b>Wednesday 26<sup>th</sup> December</b>	R and R	Soccer	R and R
<b>Thursday 27<sup>th</sup> December</b>	Mediation time	English essay	Study 7 - 9
<b>Friday 28<sup>th</sup> December</b>	Study 10 – 2	Ice skating	Face mask
<b>Saturday 29<sup>th</sup> December</b>	Study 11-2	Lunch date	Socialize
<b>Sunday 30<sup>th</sup> December</b>	Sleep	Study 1 -5	Study 6 -8 Spend time on Qualifax
<b>Monday 31<sup>st</sup> December</b>	Study 10 -2	Make up and tan	Celebrate New Year
<b>Tuesday 1<sup>st</sup> January</b>	New year, new me! 5 Km walk.	Family and friends	Family and friends
<b>Wednesday 2<sup>nd</sup> January</b>	Study 10 -1	Trip to Dublin	Check my CAO application. Get documents ready for HEAR application.
<b>Thursday 3<sup>rd</sup> January</b>	Homework	Homework	Homework
<b>Friday 4<sup>th</sup> January</b>	Study 10 -2	Long lunch and Netflix	Study 7 -9
<b>Saturday 5<sup>th</sup> January</b>	Sleep A quick look on Careers Portal	Study 2 -7	Last chance to watch Christmas movie and eat the left over coffee sweets
<b>Sunday 6<sup>th</sup> January</b>	Last minute homework	Study 2 -4	Pack the bag!

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