

Home Study Timetable for Senior Cycle

Please note this timetable can also be used by 4t and 5th year students by following the Monday to Friday element only.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.00 pm - 8.00 am	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
8.00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30 AM	English	Optional Subject 2	English	Optional Subject 2	English	Optional Subject 2
10.30 AM	Maths	Optional Subject 3	Maths	Optional Subject 3	Maths	Optional Subject 3
11.30 AM	Break	Break	Break	Break	Break	Break
12.00 PM	Irish	English	Irish	English	Irish	Do 1 Exam Question
1.00 PM	French	Maths	French	Maths	French	
2.00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
3.00 PM	Optional Subject 1	Irish	Optional Subject 1	Irish	Optional Subject 1	Go for a Walk/Exercise
4.00 PM	Do 1 Exam Question	Do 1 Exam Question	Do 1 Exam Question	Do 1 Exam Question	Do 1 Exam Question	Free Time
5.00 PM	Break	Break	Break	Break	Break	Break
6.00 PM	Go for a Walk/Exercise	Go for a Walk/Exercise	Go for a Walk/Exercise	Go for a Walk/Exercise	Go for a Walk/Exercise	Connect with Friends
7.00 PM	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends
8.00 PM	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends	Free Time
9.00 PM	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10.00 PM	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time

Free-Time

This could be watching favourite shows, listening to music, playing video games, reading, talking to family, having a snack, tidying up your room, helping around the house, taking a shower etc etc.

EXAM QUESTION REVISION TECHNIQUE

