**The Study Timetable hack**

Habits and routines are much more effective than just relying on motivation and willpower. Get in the habit of planning your study time on a weekly, day by day basis.

Make a weekly planner divided into half hour slots (pomodoro chunks) and then schedule:

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| TIME | MONDAY | TUESDAY |
| 09:00-09:30 | Pomodoro 1 – Frog | Lecture |
| 09:30-10:00 | Pomodoro 2 |
| 10:00-10:30 | Pomodoro 3 |
| 10:30-11:00 | Break |  |
| 11:00-11:30 | Pomodoro 4 |  |
| 11:30-12:00 | Pomodoro 5 | Lunch |
| 12:00-12:30 | Pomodoro 6 | Seminar |
| 12:30-13:00 | Lunch |
| 13:00-13:30 | Walk |

* Meals
* Breaks (at least 20 mins after 2 hrs study)
* Sports, hobbies, societies, down time, exercise
* Prioritise Eating the Frog to:
	+ Avoid putting off the difficult
	+ Remind yourself you can do the hard stuff
* Prioritise the most challenging units/tasks for the second half hour of the morning when we learn/think best
* Use the Eisenhower prioritisation matrix to:
	+ Spend as little time as possible doing ‘urgent’ tasks
	+ Planning for important tasks so they’re tackled gradually
* Interleaving units/topics so that you learn better and more easily
* Putting more time into tasks/units which carry more marks/weight