



My Study Timetable

Year 13 & Year 14 • My Mastery Toolkit

Name: _____

Class: _____ Week of: _____

1 Use free periods Plan study periods in school as well as at home.**2 Consolidate** Turn each lesson into Cornell Notes within 24 hours.**3 Retrieve & space** Flashcards, Leitner boxes and blurting - review across weeks.**4 Apply** Timed exam questions and essay plans every week.

RP Retrieval Practice	FC Flashcards	LS Leitner System	BL Blurting	PT Pomodoro	CN Cornell Notes	EP Essay Planning (Y13)
-----------------------	---------------	-------------------	-------------	-------------	------------------	-------------------------

Day	Study block 1	Study block 2	Study block 3	Study block 4	Box 1 flashcards	Wellbeing / time off
Time →	___ : ___	___ : ___	___ : ___	___ : ___	Every day ✓	Sleep, exercise, friends
Monday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Tuesday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Wednesday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Thursday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Friday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Saturday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	
Sunday	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	Subject · Topic · Tool	☐	

Topic Mastery Tracker Tick each stage, then space your reviews.

Subject & topic	Cornell notes	Flashcards	Blurting	Exam Q / essay	Reviews: +1 day · +1 week · +1 month
e.g. Biology - Enzymes					
	☐	☐	☐	☐	☐ ___ ☐ ___ ☐ ___
	☐	☐	☐	☐	☐ ___ ☐ ___ ☐ ___

My exam timetable

Date	Subject & unit	AM/PM	Ready?
			R A G
			R A G
			R A G



	☐	☐	☐	☐	☐ __ ☐ __ ☐ __
--	--------------------------	--------------------------	--------------------------	--------------------------	---

			R A G
--	--	--	-------

My reward: _____

