



**Sort
your
space**

**Find
your
stuff**

**Get
going!**

**Put in
the Time**

Keep up



5 STEPS

1. Clear a space on a table, bed or floor. Try to be as comfy as possible.

2. Get your jotters, class folders and books out. Also have a pen/pencil and paper for notes.

3. Actually start. Open a jotter or book. Don't make a big deal of it. Even a short session is better than never starting.

4. Once you start, try to stick at it for 45 minutes. Then leave a 15 minute break and start again...

5. Once homework is done, track through the day's classwork. Transfer key info into a revision notebook. Do this every day or couple of days - don't fall behind.