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The Goal Posts Might Keep Moving



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But the end is in sight



Planning Final Study Time

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Week 9 focus on one subject per day after classwork	M6 September	T7	W8	T9	F10	S11	S12
Week 10	M13	T14	W15	T16	F17	S18	S19
Term Break / Holiday? Study	M20	T21	W22	T23	F24	S25	S26
Term Break / Holiday? Study	M27	T28	W29	T30	F1 October	S2	S3
Week 1: Some schools may run classes or seminars?	M4	T5	W6	T7	F8	S9	S10
Week 2: Some schools may run classes or seminars?	M11	T12	W13	T14	F15	S16	S17
Week 3: Some schools may run classes or seminars?	M18	T19	W20	T21	F22	S23	S24
Week 4	M25	T26	W27	T28	F29	S30	S31
Week 5	M1 November	T2	W3	T4	F5	S6	S7
Week 6	M8	T9 HSC STARTS	W10	T11	F12	S13	S14
Week 7	M15	T16	W17	T18	F19	S20	S21
Week 8	M22	T23	W24	T25	F26	S27	S28
Week 9	M29	T30	W1 December	T2	F3	S4	S5

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Example 1

English
 Maths
 Extension Maths
 Chemistry
 Physics
 Biology

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	ENGLISH PAPER 1	ENGLISH PAPER 2					
MATHS				MATHS EXT 1			
BIOLOGY				PHYSICS			
CHEMISTRY							

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1		
BIOLOGY				PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1		
BIOLOGY		Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1		
BIOLOGY	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1		
BIOLOGY	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
Physics?						
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1		Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS				MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS			Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology Biology Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2			Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 SDD?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Example 2

English
Economics
Modern History
Ancient History
English Extension 1
Music

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HOLS WILL FOCUS ON ALL EXCEPT ENG EXT 1	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC	ECONOMICS	MODERN HISTORY		
	ANCIENT HISTORY					
	ENG EXT 1					

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	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC	ECONOMICS	MODERN HISTORY Night off		
	ANCIENT HISTORY Night off					
	ENG EXT 1 Night off					

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	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC	ECONOMICS	MODERN HISTORY Night off		
	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC	ECONOMICS	MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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	ENGLISH PAPER 1	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Example 3

English
Biology
Drama
Business Studies
Food Tech

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	ENGLISH PAPER 1	ENGLISH PAPER 2				
BIOLOGY	DRAMA BUS STUDIES					
			FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off			
BIOLOGY	DRAMA BUS STUDIES	Day off				
			FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off			
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies	
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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Wildcard Days

Day 1

subject 1

subject 2

Day 2

subject 3

subject 4

Day 3

subject 5

Subject 6

Day 4

WILDCARD DAY

Day 5

subject 1

subject 2

Day 6

subject 3

subject 4

Day 7

subject 5

Subject 6

Day 8 etc.

WILDCARD DAY

A Wildcard Day could be:

- A day off study to recharge
- Time to sleep, exercise
- A day to focus on a subject you are worried about
- A day to do things you'd wanted to finish earlier
- A bit of all of the above!

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
WILDCARD						
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
WILDCARD	Biology Drama	Business Studies Biology	Drama Business Studies	WILDCARD		
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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	ENGLISH PAPER 1	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
WILDCARD	Biology Drama	Business Studies Biology	Drama Business Studies	WILDCARD	Business Studies	Biology
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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English	ENGLISH PAPER 1 English	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
WILDCARD	Biology Drama	Business Studies Biology	Drama Business Studies	WILDCARD	Business Studies	Biology
BIOLOGY	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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English	ENGLISH PAPER 1 English	ENGLISH PAPER 2	Day off	Biology Drama	Business Studies Biology	Drama Business Studies
WILDCARD	Biology Drama	Business Studies Biology	Drama Business Studies	WILDCARD	Business Studies	Biology
BIOLOGY Drama Business Studies	DRAMA BUS STUDIES	Day off	Food Tech	Food Tech	Food Tech	Food Tech
Food Tech	Food Tech	Food Tech	FOOD TECH			

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Study before & after exams?

- Morning exam – you may want to get up a little earlier (but not too early) to read through your notes and refresh your learning.
- Afternoon exam – spend the morning reviewing your notes, looking over past questions etc.
- After an exam – time off if no exams for awhile. But if exams soon after, will need to start studying again.

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Study time / Relax Time?

- Depends how organised you have been and what position you are in.
- In the lead up to the final exams you may decide to have one day off on the weekend or even 2 days. But most people study most days and have a few hours off at night – weekends aren't like normal weekends during this time.
- You may decide to finish your study by 6pm each day and have some nights free.
- You may decide to use part of the wildcard day to have time off study.

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Example 1

English
Maths
Extension Maths
Chemistry
Physics
Biology

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English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X	Physics	Chemistry				
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology				
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY			
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY						
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology			
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY		
					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths
Chemistry SDD					English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths
Chemistry SDD	WILDCARD DAY				English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology
WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology	WILDCARD DAY	Maths X English	Physics Maths
Chemistry SDD	WILDCARD DAY	Maths X English	Physics Maths	Chemistry Biology	English Maths	English
English	ENGLISH PAPER 1 English	ENGLISH PAPER 2 Night off	Wait and See	Wait and See	Maths	Maths
MATHS Biology Maths X	Biology Maths X	Biology Maths X	Maths X	Maths X MATHS EXT 1 Biology?	Biology? Chemistry Physics?	Biology
Biology BIOLOGY Physics?	Physics Chemistry	Physics	Physics	PHYSICS Chemistry?	Chemistry	Chemistry
CHEMISTRY						

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Example 2

English
Economics
Modern History
Ancient History
English Extension 1
Music

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		English Ext 11 days Ancient 3 day Modern 1 day English 1 day Music ½ day Economics ½ day				
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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					Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY			
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2
WILDCARD DAY						
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2
WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY		
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2
WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1
Ancient English Paper 2	WILDCARD DAY		Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2
WILDCARD DAY	Economics Music	Mod Hist English Paper 1	Ancient English Paper 2	WILDCARD DAY	Economics Music	Mod Hist English Paper 1
Ancient English Paper 2	WILDCARD DAY	wait and see	Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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BUT what if it is a subject at the end where you don't want to leave it for weeks without looking at it?

In the holidays do alternate cycles – one with the subject, one without

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			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics	Mod Hist	Ancient				
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics	Mod Hist	Ancient				
Music	English	Eng Ext 1				
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics	Mod Hist	Ancient	WILDCARD DAY			
Music	English	Eng Ext 1				
			Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics	Mod Hist	Ancient	WILDCARD DAY	Economics	Mod Hist	Ancient
Music	English	Eng Ext 1		Music	English	weakest
WILDCARD DAY						
			Mod Hist	English	Mod Hist	English
			Music	Economics	Music	Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics	Mod Hist	Ancient	WILDCARD DAY	Economics	Mod Hist	Ancient
Music	English	Eng Ext 1		Music	English	weakest
WILDCARD DAY	Economics Music	Mod Hist English	Ancient Eng Ext 1	WILDCARD DAY		
			Mod Hist	English	Mod Hist	English
			Music	Economics	Music	Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English	Ancient Eng Ext 1	WILDCARD DAY	Economics Music	Mod Hist English	Ancient weakest
WILDCARD DAY	Economics Music	Mod Hist English	Ancient Eng Ext 1	WILDCARD DAY	Economics Music	Mod Hist English
Ancient weakest	WILDCARD DAY		Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Economics Music	Mod Hist English	Ancient Eng Ext 1	WILDCARD DAY	Economics Music	Mod Hist English	Ancient Eng Ext 1
WILDCARD DAY	Economics Music	Mod Hist English	Ancient Eng Ext 1	WILDCARD DAY	Economics Music	Mod Hist English
Ancient Eng Ext 1	WILDCARD DAY	wait and see	Mod Hist Music	English Economics	Mod Hist Music	English Economics
English	ENGLISH PAPER 1 English Music	ENGLISH PAPER 2 MUSIC Economics	ECONOMICS Mod Hist	Mod Hist MODERN HISTORY Night off	Ancient History	Ancient History
Ancient History	ANCIENT HISTORY Night off	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	Eng Ext 1	DAY OFF	Eng Ext 1
Eng Ext 1	ENG EXT 1 Night off					

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Basically

- If you have heaps of time for a subject, just put a few blocks in and then cycle the rest.
- If you have evenish time for each subject, just cycle the subjects.
- If it is a bit uneven for some subjects, add in extra time before English, then cycle the rest

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The night before, plan the next day:

Monday

- *9-10 Review notes*
- *11-2 Maths*
 - Do chapter reviews 2,3,5
 - Review study notes/formulas
- *3-6 Hist*
 - Organise cold war notes
 - Work on cold war study notes
 - Do 1 extended response question

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When you are doing full papers, may need 2 x 4 hr blocks

- Do past paper under exam conditions. 9-10am review
- Short break 10.30-2.30pm Subject 1
4hrs: past paper + review
- Spend up to an hour correcting, reviewing what your work and learning from your mistake by looking at notes and answers. 3-7pm Subject 2
4hrs: past paper + review

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Or do only 1 paper per day

Review 9-10am

Subject 1 – full paper + review (4 hrs)

11-3pm

Subject 2 – half paper or other revision (2 hrs)

4-6pm

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EXAMPLES FROM PREVIOUS YEARS

Note – these are just for you to see styles done by previous students the dates will be different for this year.

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HSC TIMETABLE						
M19 September	T20	W21	T22	F23 (SCHOOL ENDS?)	S24	S25 English Music
M26 September Modern History Math	T27 Math Extension History Extension	W28 English Extension Music	T29 English Math	F30 Modern History Math Extension	S1 October History Extension English Extension	S2 English Music
M3 October Modern History Math	T4 Math Extension History Extension	W5 English Extension Music	T6 English Math	F7 Modern History Math Extension	S8 History Extension English Extension	S9 Wildcard Day Free Time
M10 October English (both) Music	T11 English (1) English (2)	W12 English (both) Music	T13 ENGLISH P1 MUSIC	F14 ENGLISH P2	S15 Math Modern History	S16 Math Modern History
M17 Math Modern History	T18 Modern History	W19 MODERN HISTORY	T20 Math	F21 MATH (2U)	S22 Math Extension History Extension	S23 Math Extension History Extension
M24 Math Extension History Extension	T25 Math Extension	W26 EXTENSION MATH History Extension	T27 EXTENSION HISTORY	F28 English Extension	S29 English Extension	S30 English Extension
M31 EXTENSION ENGLISH	T1 November	W2	T3	F4 HSC ENDS	S5	S6

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18. English – Paper 1 Art	19. Modern General Maths	20. English Paper 2 Modern	21. English Paper 1 Art	22. Modern General Maths	23. English Paper 2 Geography	24. Wild Card!
25. English – Paper 1 Art	26. Modern General Maths	27. English Paper 2 Modern	28. English Paper 1 Art	29. Modern General Maths	30. English Paper 2 Geography	1. Wild Card!
2. Geography Art	3. Modern General Maths	4. English Paper 2 Modern	5. English Paper 1 Art	6. Modern General Maths	7. English Paper 2 Geography	8. Wild Card
9. English Paper 1 Art	10. Modern General Maths	11. English Paper 2 Modern	12. English Paper 1 Modern	13. Modern General Maths	14. English	15. English
16. HSC ENGLISH – Paper 1	17. HSC ENGLISH – Paper 2	18. Modern History	19. Modern History	20. HSC MODERN HISTORY	21. General Maths	22. General Maths
23. HSC GENERAL MATHS	24. Geography Art	25. Geography Art	26. Geography Art	27. Geography Art	28. Geography	29. Geography
30. Geography	31. HSC GEOGRAPHY	1. Visual Arts	2. Visual Arts	3. HSC VISUAL ARTS	4. PARTY!!!!	5. PARTY!!!!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23 Sept Geo Maths	24 Sept Eng Bio	25 Sept PITTWATER FORMAL	26 Sept Rel Ext	27 Sept Wildcard	28 Sept Geo Maths	29 Sept Eng Bio
30 Sept Rel Ext	1 Oct Wildcard	2 Oct Geo Maths	3 Oct Eng Bio	4 Oct Rel Ext	5 Oct Study Camp	6 Oct -----
7 Oct -----	8 Oct -----	9 Oct -----	10 Oct -----	11 Oct -----	12 Oct Geo Maths	13 Oct Bio Rel
14 Oct Eng	15 Oct Eng	16 Oct Eng	17 Oct English Paper 1 9.50-11.30	18 Oct English Paper 2 9.25-11:30	19 Oct Maths Bio	20 Oct Rel Ext
21 Oct Rel Bio	22 Oct Maths Bio	23 Oct Maths	24 Oct Maths	25 Oct Mathematics 1.55-5.00	26 Oct Bio	27 Oct Bio
28 Oct Biology 9.25-12.30 Ext	29 Oct Ext	30 Oct Science Extension 10.20-12.30 Rel	31 Oct Rel	1 Nov Studies of Religion 2 9.25-12.30	2 Nov Geo	3 Nov Geo
4 Nov Geography 1.55-5.00	5 Nov X	6 Nov X	7 Nov X	8 Nov X	9 Nov X	10 Nov X
11 Nov	12 Nov	13 Nov	14 Nov	15 Nov	16 Nov	17 Nov

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 Sept	17 Sept	18 Sept	19 Sept Val Dinner	20 Sept Maths English Paper 1	21 Sept Modern English Paper 2	22 Sept Economics French
23 Sept Modern History Wk Shop WILD CARD	24 Sept Maths English Paper 1	25 Sept Modern English Paper 2	26 Sept Economics French	27 Sept WILD CARD	28 Sept Maths English Paper 1	29 Sept Modern English Paper 2
30 Sept WILD CARD SHORMAL	1 Oct Economics French	2 Oct Maths English Paper 1	3 Oct Modern English Paper 2	4 Oct Economics French	5 Oct WILD CARD	6 Oct Maths English Paper 1
7 Oct Modern English Paper 2	8 Oct English Wk Shop WILD CARD	9 Oct Economics French	10 Oct Economics Wk Shop English Modern	11 Oct Economics French	12 Oct Maths WILD CARD	13 Oct Modern
14 Oct WILD CARD	15 Oct English	16 Oct English	17 Oct HSC STARTS ENGLISH	18 Oct ENGLISH	19 Oct Modern Maths	20 Oct Modern Maths
21 Oct Maths	22 Oct Modern	23 Oct MODERN	24 Oct Maths Maths	25 Oct Maths Refresh MATHS	26 Oct Economics French	27 Oct Economics French
28 Oct Economics French	29 Oct Economics French	30 Oct Economics French	31 Oct Economics French	1 Nov Economics French	2 Nov Economics French	3 Nov Economics French
4 Nov Economics French	5 Nov Economics French	6 Nov ECONOMICS FRENCH				

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M23 September	T24	W25	T26	F27 Official end Term 3 for most schools	S28 Modern Society	S29 PDHPE English
M30 Maths Religion	T1 October WILD CARD	W2 Modern Society	T3 PDHPE English	F4 Maths Religion	S5 WILD CARD	S6 Modern Society
M7 PDHPE English	T8 Maths Religion	W9 WILD CARD	T10 Modern Society	F11 PDHPE English	S12 Maths Religion	S13 WILD CARD
M14 Modern English	T15 English	W16 English	T17 October HSC ENGLISH	F18 HSC ENGLISH	S19 Modern Maths PDHPE	S20 Modern Maths PDHPE
M21 Modern Maths PDHPE	T22 Modern	W23 MODERN Maths	T24 MATHS PDHPE	F25 PDHPE	S26 Religion Society	S27 Religion society
M28	T29	W30	T31	F1 November	S2	S3
Religion	Religion	Religion	Religion	RELIGION	Society	Society
M4 Society	T5 Society	W6 Society	T7 SOCIETY	F8	S9	S10

Wildcard is a wait and see day: no study, some study or lots of study!

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M18 SEPT SCHOOL	T19 SCHOOL	W20 GRADUATION	T21 English Maths Ext 1	F22 DAY OFF MARIST FORMAL	S23 Studies of RE Legal Studies	S24 Chemistry English Ext 1
M25 WILDCARD	T26 English Maths Ext 1	W27 Studies of RE Legal Studies	T28 Chemistry English Ext 1	F29 WILDCARD	S30 English Chemistry	S1 OCT Maths Ext 1 Legal Studies
M2 English Ext 1 Maths Ext 1	T3 WILDCARD	W4 English Chemistry	T5 Legal Studies Studies of RE	F6 English Ext 1 Maths Ext 1	S7 WILDCARD	S8 English Chemistry
M9 Studies of RE Legal Studies	T10 English Ext 1 Maths Ext 1	W11 WILDCARD	T12 English paper 2	F13 English paper 1	S14 English Paper 2	S15 English Paper 1
M16 ENGLISH PAPER 1	T17 ENGLISH PAPER 2	W18 Chemistry English Ext 1	T19 Maths Ext 1 Legal Studies	F20 Studies of RE English Ext 1	S21 Legal Studies Chemistry	S22 Maths Ext 1 Legal Studies
M23 Chemistry English Ext 1	T24 Maths Ext 1 Legal Studies	W25 Studies of RE	T26 Studies of RE	F27 STUDIES OF RELIGION	S28 English Ext	S29 English Ext
M30 ENGLISH EXTENSION 1	T31 Legal studies Chemistry	W1 NOV CHEMISTRY Legal Studies	T2 LEGAL STUDIES Maths Ext 1	F3 MATHS EXT 1	DONE!!	DONE!!

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	M- 12 Sept	T- 13 Sept	W- 14th Sept	T- 15th Sept	F- 16th Sept	S- 17th Sept	S- 18th Sept
Week 9							
WEEK 10	M- 19th Sept Year 12 Morning Tea	T- 20th Sept Year 12 Breakfast	W- 21st Sept Year 12 Graduation	T- 22nd Sept WILD CARD	F- 23rd Sept WILD CARD	S- 24th Sept WILD CARD	S- 25th Sept WILD CARD
HOLIDAYS WEEK 1	M- 26th Sept English Bio	T- 27th Sept Religion Wild card	W- 28th Sept Legal Modern	T- 29th Sept Biology Math's	F- 30th Sept Legal Religion	S- 1st October Math's Modern	S- 2nd October Biology Religion
HOLIDAYS WEEK 2	M- 3rd October General English	T- 4th October Biology Legal	W- 5th October Modern Religion	T- 6th October English General	F- 7th October Legal Biology	S- 8th October Religion Modern	S- 9th October Legal Biology
HSC WEEK 1	M- 10th October English General	T- 11th October English Biology	W- 12th October English	T- 13th October ENGLISH P1	F- 14th October ENGLISH P2	S- 15th October Modern Bio	S- 16th October Modern General
HSC WEEK 2	M- 17 October Modern Bio	T- 18th October Modern	W- 19th October MODERN	T- 20th October BIOLOGY	F- 21st October GENERAL	S- 22nd October Religion	S- 23rd October Religion Legal
HSC WEEK 3	M- 24 October Religion Legal	T- 25th October Religion	W- 26th October Religion	T- 27th October RELIGION	F- 28th October Legal	S- 29th October Legal	S- 30th October Legal
HSC WEEK 4	M- 31 October Legal	T- 1st November Legal	W- 2nd November LEGAL				

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M18 September							S24 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	
M25 9-10am: Review 10-1pm: GENERAL MATH 1:30-4:30pm: PDHPE	T26 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	W27 WILDCARD DAY	T28 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	M29 9-10am: Review 10-1pm: GENERAL MATH 1:30-4:30pm: PDHPE	T30 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	S1 October WILDCARD DAY		
M2 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	T3 9-10am: Review 10-1pm: GENERAL MATH 1:30-4:30pm: PDHPE	W4 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	T5 WILDCARD DAY	F6 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	S7 9-10am: Review 10-1pm: GENERAL MATH 1:30-4:30pm: PDHPE	S8 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS		
M9 WILDCARD DAY	T10 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	W11 9-10am: Review 10-1pm: GENERAL MATH 1:30-4:30pm: PDHPE	T12 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	F13 WILDCARD DAY	S1 ENGLISH	S15 ENGLISH		
M16 October HSC ENGLISH	T17 HSC ENGLISH	W18 PDHPE	T19 PDHPE	F20 GENERAL MATHS SOR II	S21 PHYSICS GENERAL MATHS	S22 GENERAL MATHS		
M23 GENERAL MATHS	T24 SOR II PHYSICS	W25 PHYSICS SOR II	T26 SOR II	F27 SOR II	S28 PHYSICS	S29 PHYSICS		
M30 PHYSICS M6	T31 T17	W1 November HSC IS FINISHED!	T2	F3	S4	S5		

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HOLIDAYS AND HSC STUDY							
M23 September	T24	W25	T26	F27 Official end Term 3 for most schools	S28 11-2 Eco 3-6 Religion	S29 9-10 Review 11-2 Modern 3-6 Business	
M30 9-10 Review 11-2 Legal 3-6 English	T1 October WILDCARD DAY	W2 9-10 Review 11-2 Eco 3-6 Religion	T3 9-10 Review 11-2 Modern 3-6 Business	F4 9-10 Review 11-2 Legal 3-6 English	S5 WILDCARD DAY	S6 9-10 Review 11-2 Eco 3-6 Religion	
M7 9-10 Review 11-2 Modern 3-6 Business	T8 9-10 Review 11-2 Legal 3-6 English	W9 WILDCARD DAY	T10 9-10 Review 11-2 Eco 3-6 Religion	F11 9-10 Review 11-2 Modern 3-6 Business	S12 9-10 Review 11-2 Legal 3-6 English	S13 WILDCARD DAY	
M14 9-10 Review 11-2 English 3-6 English	T15 9-10 Review 11-2 English 3-6 English	W16 9-10 Review 11-2 English 3-6 English	T17 HSC ENGLISH 3-6 English	F18 HSC ENGLISH 3-6 Modern	S19 9-10 Review 11-2 Modern 3-6 Religion	S20 9-10 Review 11-2 Modern 3-6 Religion	
M21 9-10 Review 11-2 Modern 3-6 Modern	T22 9-10 Review 11-2 Modern 3-6 Modern	W23 HSC MODERN 3-6 Business	T24 9-10 Review 11-2 Business 3-6 Legal	F25 9-10 Review 11-2 Business 3-6 Eco	S26 9-10 Review 11-2 Business 3-6 Legal	S27 9-10 Review 11-2 Business 3-6 Eco	
M28 9-10 Review 11-2 Business 3-6 Business	T29 HSC BUSINESS 3-6 Religion	W30 9-10 Review 11-2 Religion 3-6 Eco	T31 9-10 Review 11-2 Religion 3-6 Religion	F1 November HSC RELIGION (1U) 3-6 Legal	S2 9-10 Review 11-2 Eco 3-6 Legal	S3 9-10 Review 11-2 Eco 3-6 Legal	
M4 9-10 Review 11-2 Legal 3-6 Legal	T5 HSC LEGAL 3-6 Eco	W6 HSC ECO	T7	F8	S9	S10	

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M14 ENGLISH PAPER ONE	T15 ENGLISH PAPER TWO	W16 PDHPE	T17 8-8:30 – Review yesterday 8:30-10 – Maths 12-2 – Maths 3-5 – Biology 7-8:30 – Maths 8:30-9 – Review today	F18 8-8:30 – Review yesterday 8:30-10 – Maths 12-2 – Maths 3-5 – Maths 7-8:30 – Biology 8:30-9 – Review today	S19 8-8:30 – Review yesterday 8:30-10 – Maths 12-2 – Maths 3-5 – Maths 7-8:30 – Maths 8:30-9 – Review today	S20 8-8:30 – Review yesterday 8:30-10 – Maths 12-2 – Maths 3-5 – Maths 7-8:30 – Maths 8:30-9 – Review today
M21 8-8:30 – Review yesterday 8:30-10 – Maths 12-2 – Maths 3-5 – Maths 7-8:30 – Maths 8:30-9 – Review today	T22 MATHS	W23 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Religion 3-5 – Biology 7-8:30 – Religion 8:30-9 – Review today	T24 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Religion 3-5 – Biology 7-8:30 – Religion 8:30-9 – Review today	F25 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Religion 3-5 – Biology 7-8:30 – Religion 8:30-9 – Review today	S26 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Religion 3-5 – Biology 7-8:30 – Religion 8:30-9 – Review today	S27 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Religion 3-5 – Biology 7-8:30 – Religion 8:30-9 – Review today
M28 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – Religion 3-5 – Religion 7-8:30 – Religion 8:30-9 – Review today	T29 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – Religion 3-5 – Religion 7-8:30 – Religion 8:30-9 – Review today	W30 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – Religion 3-5 – Religion 7-8:30 – Religion 8:30-9 – Review today	T31 STUDIES OF RELIGION Morning: SOR2 Exam Afternoon: Break + Biology	F1 NOVEMBER 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Biology 3-5 – Biology 7-8:30 – Biology 8:30-9 – Review today	S2 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Biology 3-5 – Biology 7-8:30 – Biology 8:30-9 – Review today	S3 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Biology 3-5 – Biology 7-8:30 – Biology 8:30-9 – Review today
S4 BIOLOGY Morning: Biology Exam Afternoon: Get Drunk						

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HSC Examination Timetable						
M16 8-8:30 – Review yesterday 8:30-10 – 12-2 – 3-5 – 7-8:30 – 8:30-9 – Review today	T17 8-8:30 – Review yesterday 8:30-10 – 12-2 – 3-5 – 7-8:30 – 8:30-9 – Review today	W18 8-8:30 – Review yesterday 8:30-10 – 12-2 – 3-5 – 7-8:30 – 8:30-9 – Review today	T19 8-8:30 – Review yesterday 8:30-10 – 12-2 – 3-5 – 7-8:30 – 8:30-9 – Review today	F20 8-8:30 – Review yesterday 8:30-10 – 12-2 – 3-5 – 7-8:30 – 8:30-9 – Review today	S21 (GO TO BRAZIL) 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Maths 3-5 – Religion 7-8:30 – Maths 8:30-9 – Review today	S22 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – PDHPE 3-5 – Religion 7-8:30 – PDHPE 8:30-9 – Review today
M23 8-8:30 – Review yesterday 8:30-10 – English 12-2 – Struggling 3-5 – English 7-8:30 – Struggling 8:30-9 – Review today	T24 8-8:30 – Review yesterday 8:30-10 – Wildcard 12-2 – Wildcard 3-5 – Wildcard 7-8:30 – Wildcard 8:30-9 – Review today	W25 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Maths 3-5 – Biology 7-8:30 – Maths 8:30-9 – Review today	T26 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – PDHPE 3-5 – Religion 7-8:30 – PDHPE 8:30-9 – Review today	F27 8-8:30 – Review yesterday 8:30-10 – English 12-2 – Struggling 3-5 – English 7-8:30 – Struggling 8:30-9 – Review today	S28 8-8:30 – Review yesterday 8:30-10 – Wildcard 12-2 – Wildcard 3-5 – Wildcard 7-8:30 – Wildcard 8:30-9 – Review today	S29 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Maths 3-5 – Biology 7-8:30 – Maths 8:30-9 – Review today
M30 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – PDHPE 3-5 – Religion 7-8:30 – PDHPE 8:30-9 – Review today	T1 OCTOBER 8-8:30 – Review yesterday 8:30-10 – English 12-2 – Struggling 3-5 – English 7-8:30 – Struggling 8:30-9 – Review today	W2 8-8:30 – Review yesterday 8:30-10 – Wildcard 12-2 – Wildcard 3-5 – Wildcard 7-8:30 – Wildcard 8:30-9 – Review today	T3 Arrive back in Australia + Break	F4 8-8:30 – Review yesterday 8:30-10 – Biology 12-2 – Maths 3-5 – Biology 7-8:30 – Maths 8:30-9 – Review today	S5 8-8:30 – Review yesterday 8:30-10 – Religion 12-2 – PDHPE 3-5 – Religion 7-8:30 – PDHPE 8:30-9 – Review today	S6 8-8:30 – Review yesterday 8:30-10 – English 12-2 – Struggling 3-5 – English 7-8:30 – Struggling 8:30-9 – Review today
M7 8-8:30 – Review yesterday 8:30-10 – English 12-2 – PDHPE 3-5 – English 7-8:30 – PDHPE 8:30-9 – Review today	T8 8-8:30 – Review yesterday 8:30-10 – English 12-2 – PDHPE 3-5 – English 7-8:30 – PDHPE 8:30-9 – Review today	W9 8-8:30 – Review yesterday 8:30-10 – English 12-2 – PDHPE 3-5 – English 7-8:30 – PDHPE 8:30-9 – Review today	T10 8-8:30 – Review yesterday 8:30-10 – English 12-2 – PDHPE 3-5 – English 7-8:30 – PDHPE 8:30-9 – Review today	F11 8-8:30 – Review yesterday 8:30-10 – English 12-2 – PDHPE 3-5 – English 7-8:30 – English 8:30-9 – Review today	S12 8-8:30 – Review yesterday 8:30-10 – English 12-2 – English 3-5 – English 7-8:30 – English 8:30-9 – Review today	S13 8-8:30 – Review yesterday 8:30-10 – English 12-2 – English 3-5 – English 7-8:30 – English 8:30-9 – Review today

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HSC Timetable

M23 September PICNIC DAY	T24	W25 GRADUATION	T26 FORMAL	F27 RELAX DAY!	S28 GET ON STUDY GRIND! WILDCARD DAY (planning out day)	S29 English Paper 1
M30 English Paper 2	T1 October Maths	W2 Business Studies	T3 Industrial Tech	F4 Visual Arts	S5 English Paper 1 Visual Arts	S6 English Paper 2 Industrial Tech
M7 Maths Business Studies	T8 English Paper 1 Business Studies	W9 English Paper 2	T10 Visual Arts Maths	F11 WILDCARD DAY	S12 WILDCARD DAY	S13 WILDCARD DAY
M14 English Paper 1	T15 English Paper 2	W16 English Paper 1	T17 ENGLISH STANDARD PAPER 1	F18 ENGLISH STANDARD PAPER 2	S19 Industrial Tech	S20 Business Studies
M21 Visual Arts	T22 Maths	W23 Maths	T24 Maths	F25 Maths	S26 MATHEMATICS	S27 Business Studies
M28 Business Studies	T29 BUSINESS STUDIES Industrial Tech	W30 Industrial Tech	T31 INDUSTRIAL TECHNOLOGY	F1 November	S2	S3
M4	T5 Visual Arts	W6 Visual Arts	T7 Visual Arts	F8 LAST HIC EXAM! VISUAL ARTS		

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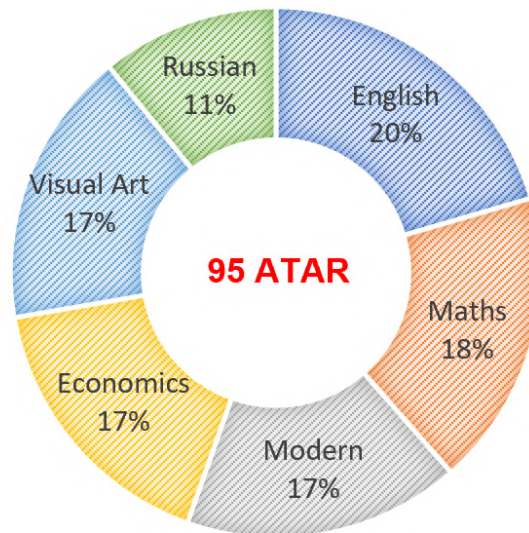
	SUN	MON	TUE	WED	THU	FRI	SAT
29-5 oct		English ✓	Learn Fitness First Maths ✓ Modern ✓	Work English Maths Russian Gym 1h	Work English Maths Russian	Work Modern Maths Russian	Work English Modern
6-12 oct	Maths Modern Russian	Modern Maths Russian	English Maths Modern	English Modern Maths	English Maths Russian	English Maths Modern	English Modern Russian
13-19 oct	English Russian Maths	English Modern	English Russian	English Maths	English Paper 2 English	English Paper 2 Maths Russian	Modern Maths
20-26 oct	Modern Maths Russian	Modern English Russian	Modern Russian	Modern History Russian Maths	English	Maths English PS	RMIT task PS
27-2 NOV	RMIT task PS	RMIT task PS	RMIT task PS	RMIT task PS	RMIT task PS	English PS	RMIT task PS
3-9 NOV	PS	PS	PS	Economics PS	Visual Arts PS	Visual Arts	Daniel ✓ ✓ ✓

TIME SCHEDULE RATIO:



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TIME SCHEDULE RATIO:



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HSC TIMETABLE						
M19 September	T20	W21	T22	F23 (SCHOOL ENDS?)	S24	S25 English Music
M26 September Modern History Math	T27 Math Extension History Extension	W28 English Extension Music	T29 English Math	F30 Modern History Math Extension	S1 October History Extension English Extension	S2 English Music
M3 October Modern History Math	T4 Math Extension History Extension	W5 English Extension Music	T6 English Math	F7 Modern History Math Extension	S8 History Extension English Extension	S9 Wildcard Day Free Time
M10 October English (both) Music	T11 English (1) English (2)	W12 English (both) Music	T13 ENGLISH P1 MUSIC	F14 ENGLISH P2	S15 Math Modern History	S16 Math Modern History
M17 Math Modern History	T18 Modern History	W19 MODERN HISTORY	T20 Math	F21 MATH (2U)	S22 Math Extension History Extension	S23 Math Extension History Extension
M24 Math Extension History Extension	T25 Math Extension	W26 EXTENSION MATH History Extension	T27 EXTENSION HISTORY	F28 English Extension	S29 English Extension	S30 English Extension
M31 EXTENSION ENGLISH	T1 November	W2	T3	F4 HSC ENDS	S5	S6

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18. English – Paper 1 Art	19. Modern General Maths	20. English Paper 2 Modern	21. English Paper 1 Art	22. Modern General Maths	23. English Paper 2 Geography	24. Wild Card!
25. English – Paper 1 Art	26. Modern General Maths	27. English Paper 2 Modern	28. English Paper 1 Art	29. Modern General Maths	30. English Paper 2 Geography	Wild Card!
2. Geography Art	3. Modern General Maths	4. English Paper 2 Modern	5. English Paper 1 Art	6. Modern General Maths	7. English Paper 2 Geography	8. Wild Card
9. English Paper 1 Art	10. Modern General Maths	11. English Paper 2 Modern	12. English Paper 1 Modern	13. Modern General Maths	14. English	15. English
16. HSC ENGLISH – Paper 1	17. HSC ENGLISH – Paper 2	18. Modern History	19. Modern History	20. HSC MODERN HISTORY	21. General Maths	22. General Maths
23. HSC GENERAL MATHS	24. Geography Art	25. Geography Art	26. Geography Art	27. Geography Art	28. Geography	29. Geography
30. Geography	31. HSC GEOGRAPHY	1. Visual Arts	2. Visual Arts	3. HSC VISUAL ARTS	4. PARTY!!!!	5. PARTY!!!!

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M18 September	T19	W20	T21	F22	S23	S24
						9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II
M25 9-10am: Review 10-1pm: GENERAL MATHS 1:30-4:30pm: PDHPE	T26 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	W27 WILDCARD DAY	T28 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	M29 9-10am: Review 10-1pm: GENERAL MATHS 1:30-4:30pm: PDHPE	T30 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	S1 October WILDCARD DAY
M2 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	T3 9-10am: Review 10-1pm: GENERAL MATHS 1:30-4:30pm: PDHPE	W4 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	T5 WILDCARD DAY	F6 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	S7 9-10am: Review 10-1pm: GENERAL MATHS 1:30-4:30pm: PDHPE	S8 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS
M9 WILDCARD DAY	T10 9-10am: Review 10-1pm: PHYSICS 1:30-4:30pm: SOR II	W11 9-10am: Review 10-1pm: GENERAL MATHS 1:30-4:30pm: PDHPE	T12 9-10am: Review 10-1pm: ENGLISH 1:30-4:30pm: PHYSICS	F13 WILDCARD DAY	S1 ENGLISH	S15 ENGLISH
M16 October HSC ENGLISH	T17 HSC ENGLISH	W18 PDHPE	T19 PDHPE	F20 GENERAL MATHS SOR II	S21 PHYSICS GENERAL MATHS	S22 GENERAL MATHS
M23 GENERAL MATHS	T24 SOR II PHYSICS	W25 PHYSICS SOR II	T26 SOR II	F27 SOR II	S28 PHYSICS	S29 PHYSICS
M30 PHYSICS M6	T31 T17	W1 November HSC IS FINISHED!	T2	F3	S4	S5



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HOLIDAYS AND HSC STUDY						
M23 September	T24	W25	T26	F27 Official end Term 3 for most schools	S28 11-2 Eco 3-6 Religion	S29 9-10 Review 11-2 Modern 3-6 Business
M30 9-10 Review 11-2 Legal 3-6 English	T1 October WILDCARD DAY	W2 9-10 Review 11-2 Eco 3-6 Religion	T3 9-10 Review 11-2 Modern 3-6 Business	F4 9-10 Review 11-2 Legal 3-6 English	S5 WILDCARD DAY	S6 9-10 Review 11-2 Eco 3-6 Religion
M7 9-10 Review 11-2 Modern 3-6 Business	T8 9-10 Review 11-2 Legal 3-6 English	W9 WILDCARD DAY	T10 9-10 Review 11-2 Eco 3-6 Religion	F11 9-10 Review 11-2 Modern 3-6 Business	S12 9-10 Review 11-2 Legal 3-6 English	S13 WILDCARD DAY
M14 9-10 Review 11-2 English 3-6 English	T15 9-10 Review 11-2 English 3-6 English	W16 9-10 Review 11-2 English 3-6 English	T17 HSC ENGLISH 3-6 English	F18 HSC ENGLISH 3-6 Modern	S19 9-10 Review 11-2 Modern 3-6 Religion	S20 9-10 Review 11-2 Modern 3-6 Religion
M21 9-10 Review 11-2 Modern 3-6 Modern	T22 9-10 Review 11-2 Modern 3-6 Modern	W23 HSC MODERN 3-6 Business	T24 9-10 Review 11-2 Business 3-6 Legal	F25 9-10 Review 11-2 Business 3-6 Eco	S26 9-10 Review 11-2 Business 3-6 Legal	S27 9-10 Review 11-2 Business 3-6 Eco
M28 9-10 Review 11-2 Business 3-6 Business	T29 HSC BUSINESS 3-6 Religion	W30 9-10 Review 11-2 Religion 3-6 Eco	T31 9-10 Review 11-2 Religion 3-6 Religion	F1 November HSC RELIGION (IU) 3-6 Legal	S2 9-10 Review 11-2 Eco 3-6 Legal	S3 9-10 Review 11-2 Eco 3-6 Legal
M4 9-10 Review 11-2 Legal 3-6 Legal	T5 HSC LEGAL 3-6 Eco	W6 HSC ECO	T7	F8	S9	S10

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	Revise from Sunday	Revise from Monday	Revise from Tuesday	Revise from Wednesday	Revise from Thursday	10	Work
9am	English Paper 1 Belonging Revision – Skrzynecki themes	Modern History World War 1 Revision write to syllabus dot points	Studies of Religion Christianity write notes against syllabus dot points without looking then add what missed after	English Paper 1 2001	Indochina write notes to syllabus dot points without looking	11	Work
10am	English Paper 2 Mod A Revision					12	Work
11 am		Do past paper Section 1	Christianity 2001 HSC questions.	Mod B revision and notes – main ideas and themes	Indochina HSC 2012 question to time -45 mins		Work
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch	1	Work
2pm	Maths Past Papers and questions + Sue Johns Work	Revise topic 1 Lifestyle Chemistry against syllabus dot points in table	Notes on the Individual against syllabus dot points	Briar Rose Essay – 40 minutes send to Ms Green	Space Science against syllabus dot points	2	Work
3pm				Past paper from Book or Sue Johns stack.		3	Work
4pm		Past paper 2001	Vocab list from 1 st topic write out and revise		Past Paper 2002	4	Work
5pm							Work

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<div>   Week 1 </div>					
	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Revision from yesterday	Revision from yesterday	Legal Workshop	DT Workshop	Revision from yesterday
10-11am	Maths - Financial Mathematics	English - Discovery: The Tempest	Legal Workshop	DT Workshop	History - World War 1
11-11:30	Lunch	Lunch	Legal Workshop	DT Workshop	Lunch
11:30-1pm	Maths - Data and Statistics	English - Discovery: The Tempest	Legal Workshop	DT Workshop	History - Germany
1-2pm	Maths - Measurement	English - Metropolis and 1984	Legal Workshop	DT Workshop	History - Leni Riefenstahl
2-3pm	Greek Cont	- T.S. Eliot	Legal Workshop	DT Workshop	History - Cold War
3-4pm	Break	Break	Legal Workshop	Break	Break
4-5pm	Greek Cont	Greek Ext	Legal Workshop	Break	Math - Financial Mathematics
5-6pm	Dinner	Dinner	Dinner	Dinner	Dinner
6-7pm	Greek Cont	Greek Ext	Break	- Revision over day's work	Math - Measurement
7-8pm	Prep paperwork for tomorrow	Prep paperwork for tomorrow	Prep paperwork for tomorrow	Prep paperwork for tomorrow	Prep paperwork for tomorrow
8-10:30pm	Rest and Sleep	Rest and Sleep	Rest and Sleep	Rest and Sleep	Rest and Sleep

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HSC Study Timetable						
S29 EXTENSION MATHS	S30 ENGLISH ANCIENT	M1 CHEMISTRY SOR	T2 WILDCARD	W3 EXTENSION MATHS	T4 ENGLISH ANCIENT	F5 CHEMISTRY SOR
S6 WILDCARD	S7 EXTENSION MATHS	M8 ENGLISH ANCIENT	T9 CHEMISTRY SOR	W10 WILDCARD	T11 EXTENSION MATHS	F12 ENGLISH ANCIENT
S13 CHEMISTRY SOR	S14 WILDCARD	M15 ENGLISH	T16 ENGLISH	W17 ENGLISH	T18 ENGLISH PAPER 1	F19 ENGLISH PAPER 2
S20 ANCIENT MATHS	S21 MATHS ANCIENT	M22 ANCIENT	T23 ANCIENT	W24 MATHS EXTENSION	T25 MATHS	F26 EXTENSION CHEMISTRY
S27 EXTENSION SOR	S28 EXTENSION CHEMISTRY	M29 EXTENSION SOR	T30 EXTENSION	W31 CHEMISTRY SOR	T1 CHEMISTRY SOR	F2 WILDCARD
S3 CHEMISTRY SOR	S4 CHEMISTRY	M5 CHEMISTRY SOR	T6 SOR	W7	T8	F9

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Week 9 focus on one subject per day after classwork	M6 September	T7	W8	T9	F10	S11	S12
Week 10	M13	Focus intensely on one subject per day				S18	S19
Term Break / Holiday? Study	M20	T21	W22	T23	F24	S25	S26
Term Break / Holiday? Study	M27	T28	Hols: You decide		T30	F1 October	S2
Week 1: Some schools may run classes or seminars?	M4	T5	W6	T7	F8	S9	S10
Week 2: Some schools may run classes or seminars?	M11	T12	If classes: 1 subject / day If no classes: 2 subjects /day			S16	S17
Week 3: Some schools may run classes or seminars?	M18	T19	W20	T21	F22	S23	S24
Week 4	M25	T26	W27	T28	F29	S30	S31
Week 5	M1 November	T2	W3	T4	F5	S6	S7
Week 6	M8	T9 HSC STARTS	W10	T11	F12	S13	S14
Week 7	M15	T16	Plan from last exam and work backwards to see how much time you have in the exam period				S21
Week 8	M22	T23	W24	T25	F26	S27	S28
Week 9	M29	T30	W1 December	T2	F3	S4	S5

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Support each other



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Hey Jeremy, first of all you should be incredibly proud of yourself for reaching out and asking for support, it can be incredibly scary to say that you have not been mentally great and I applaud you for that.

Times like this can be incredibly hard on our mental health and well-being, you're not alone. Don't put too much pressure on yourself to achieve the workload you've been given, set yourself little goals that are achievable and set yourself a realistic schedule to complete the work. Don't be afraid to ask for help off your teachers or other students. There are also plenty of groups on Facebook that are subject specific that you can join and ask questions. If you're feeling drained, rest. Don't be so hard on yourself and don't feel bad if you aren't achieving or understanding what other students may be, it's okay. It's only fair to allow your mind and body to rest

In terms of mental health, you just need to find healthy coping mechanisms to support you. This can be anything from exercise, journaling, drawing/painting etc. You need to experiment and find a coping mechanism that you enjoy and makes you feel good. One thing I've found that is really helpful is writing down in a notebook how you've been feeling and getting all your thoughts out on paper. It feels like a weight lifted off your shoulders and like you have just let everything you were holding in out. Also getting out of the house is extremely important, even if it's just a 5 minute walk. Listening to music and podcasts can change and elevate our mindset, so make a playlist or find a podcast that you like.

*Advice from ONE
Year 12 student*

If you feel like you are struggling and healthy coping mechanisms don't seem to be working, (and this goes to anyone who is struggling lately), I do encourage you to reach out to someone who can support you and maybe consider seeking out professional help. If you or anyone needs I am always up for new friends and I'll be a listening ear to whatever you need to get off your chest. I hope things get better for you soon and I wish you great success for your studies! 😊❤️

Podcast:

- It's okay to struggle
- The mindset mentor
- The health code daily
- Better U
- Let's talk about mental health
- Think Positive: Daily affirmations

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Advice from Year 12

Haylee
I 100% understand how you are feeling, I'm feeling the same. If you are comfortable enough you can email your teachers and they can give you advice on how to complete the work or compromise the work for you. At the end of the day you are more important than the work set, if you can't do it then don't push yourself. Do what you can and if that isn't good enough for other people then that is their problem. I bet you are doing amazing, good luck with everything!!!! 😊

Chloe
also!! don't put too much pressure on yourself in this, because there is so much more that's coming your way after the HSC and there's other options for your career paths if you don't get the marks you want. it's not the be all and end all is what i am saying. you are set with music tho man! just do your best that's all you can do

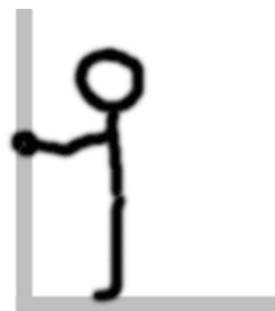
Tali
I find for me it really helps to keep a journal that I can write my frustrations and worries in. It's also good to use as a planner to help you keep on top of things. Also, sometimes it's good to reach out to the teachers. They're there to support you and will normally have some tips to help you along. And make sure you're getting enough sleep, lack of sleep adds to stress. Keep well 💙

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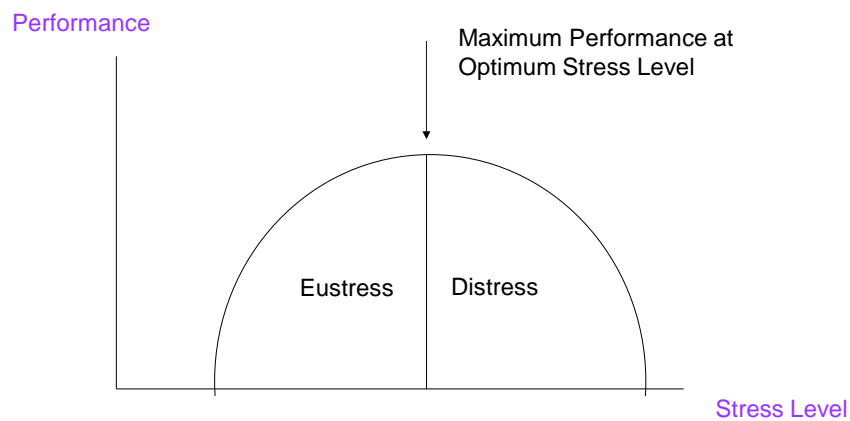
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Managing Stress



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The Yerkes-Dodson Curve



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Managing Stress

- Study plan
- Mental strategies
- Health and lifestyle



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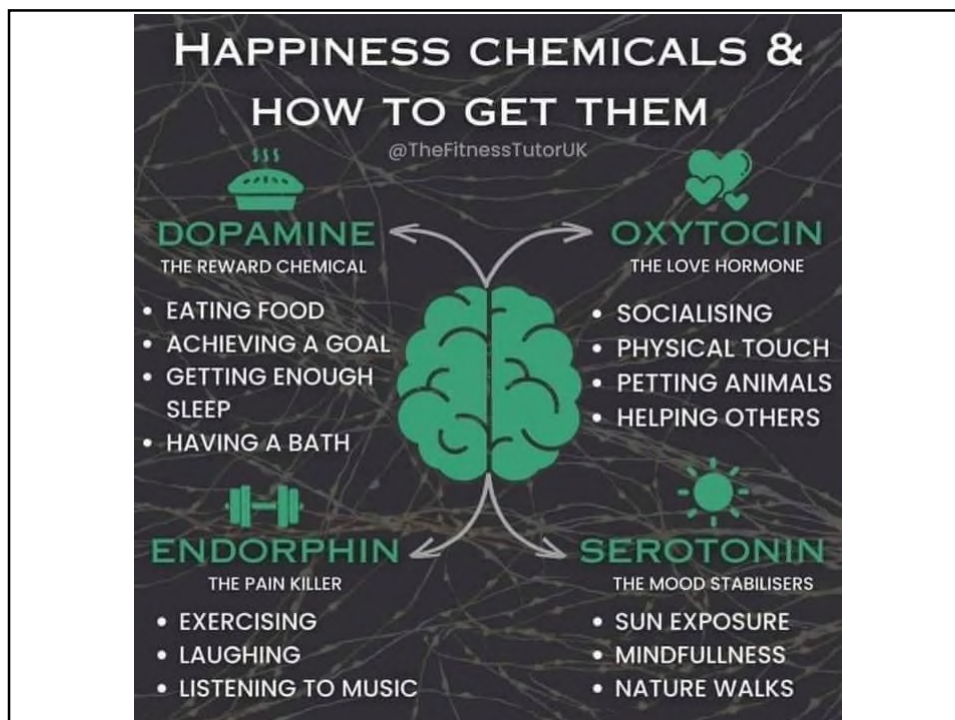
Mental Strategies

- | | |
|---------------------------|--|
| a) Relaxing activities | i) Be grateful |
| b) Laugh out loud | j) Positive self talk |
| c) Cry | k) Friends and family |
| d) Do something active | l) Deal with anger |
| e) Write how you feel | m) Meditation and relaxation exercises |
| f) Face your fears | n) Use visualisations |
| g) Mountains vs molehills | o) Seek help |
| h) Take action | |

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NEED TO TALK?

Times AEST

Lifeline
13 11 14 - lifeline.org.au - 24/7

Lifeline Text Service
0477 13 11 14 - lifeline.org.au/crisis-text - 12pm-midnight

Beyond Blue Coronavirus Mental Support
1800 512 348 - beyondblue.org.au - 24/7

Sane Australia
1800 187 263 - sane.org - weekdays 10am-10pm

Headspace
1800 650 890 - headspace.org.au/eheadspace - 9am-1am

OCD and Anxiety Helpline
1300 269 438 - arcvic.org.au - weekdays 10am-8.30pm

Kids Helpline
1800 55 1800 - kidshelpline.com.au - 24/7

Gethy

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