

Weekly planning - Annex 1

- **I sit down** comfortably in a quiet area, with good lightening and without any distraction
- I take my course and material (sheet, pen or pencil...)
- **I read** what I have to study - globally
- **I divide** the whole stuff in several parts, taking quantity and time into account
- If useful I can have some breaks
- **I make** a synthesis or a summary, **I use** colours...
- Every day, **I check** that what I studied the day before is still well-known
- **I study** the next parts

Concerning homework:

It is always better to divide the whole matter into different parts and to plan to study each of them on several days

