

1. This is a fillable form, so click on each space/box you need to fill in and then type as normal. As you complete each space click on the next one.
2. When you have completed this form save it to your device an then email it to astcolchoilm@gmail.com



Academic Support Team

Student Name: _____

Date: _____

AST Mentor: _____

SUBJECT	Junior Certificate	5 th Year Summer Results	Recent Test Results	What I would like to get in my Leaving Certificate
Irish				
English				
Maths				
Option 1				
Option 2				
Option 3				
Option 4				
TOTAL POINTS				

STUDY TIMETABLE	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Subject 1						
Subject 2						
Subject 3						

MY TIME GRID

Take a moment to look at how you spend your time now and how you will manage the changes that come with studying. Divide up the time circle below to assess how much time you spend each day (24 hours) on the following pursuits:



- *Work (paid or unpaid)*
- *Sleep*
- *Exercise/Hobby*
- *Housework*
- *Studying*
- *Homework*
- *Socialising*
- *Time spent with family*
- *Time spent with friends*
- *Screen time (phone/TV/online)*
- *Other...*

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.
13.	14.	15.	16.
17.	18.	19.	20.
21.	22.	23.	24.