THE HOPEFULL INSTITUTE

YEAR 12 SA · STUDY CAMP

Reps Over Mood

You won't feel like it most days. That's not a signal to stop, it's just what a rep feels like.

Name _____ Subject _____ Date _____

Motivation is unreliable this time of year, and that's normal, not a warning sign. Reps over mood means you don't wait to feel ready, you do the rep anyway, especially on the days you don't feel like it. Three reps done regardless of mood beat one perfect session you keep postponing.

- [ ] Content rep: revise one topic you're weakest on, even for 20 minutes.
- [ ] Practice rep: one set of exam-style questions, done under timed conditions.
- [ ] Recovery rep: step away from the desk, properly, for at least 30 minutes.

ASK AI

Explain the topic I'm stuck on in plain terms, then give me three quiz questions to check I've actually got it.

ASK AI

Give me a SACE-style exam question on my current topic, then a possible answer plan I can pull apart and rewrite in my own words.

1 What's your one rep today?

2 What's getting in the way of the rep, and what's one way around it?