

## 7. Reward yourself

It is not all about the work; you need good breaks too. People who manage to find the right balance between study and leisure are the ones who get the top marks. For instance go to a cinema with friends after a productive day of revision or treat yourself to something sweet. Work hard, play not-quite-as-hard is the motto here

**Free Cinema Pass most hours per week**

on



**(must be above 1 hr)**

