FIRST FOUR WEEKS: LEARN THE LANGUAGE.

Begin with a diagnostic and a topic confidence check. Do not wait to know every chapter before practising.

- [ ] **Diagnostic first**
  Try 10–15 Section 3 questions from the page's free practice link. Ignore the score; mark foreign stems and slow-but-solvable ones.

- [ ] **Topic traffic light**
  Confident / familiar; needs revision / vague; unfamiliar / new. Write topic names below — colour is optional.

- [ ] **Week 1 / Biology**
  Cells, organelles, DNA/RNA, protein synthesis, and concentration–time graphs.

- [ ] **Week 2 / Chemistry**
  Atoms, moles, bonding, acids/bases and equilibrium. End the week with a mixed question set.

- [ ] **Week 3 / Physics**
  Motion, force, energy and simple circuits. Practise rearranging the formula-sheet relationships.

- [ ] **Week 4 / Join the three**
  Do 8–10 mixed questions. For each miss, write the missing principle in one sentence.

Confident / familiar topics

Needs revision / vague topics

Unfamiliar / new topics and next action

> Protect Sections 1 and 2 each week. The diagnostic uses the page's free GradReady questions; do not burn through official ACER papers in week one before basic science language is usable.