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| **合格のためのアドバイス**　東京都立西高等学校  　　（どのように学校の授業を活用したか、合格のポイント、部活との両立、後輩への一言など） |
| ＜ここに直接打ち込んでください。この文は消してください＞ |

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| **（１）平日学習時間**（　　　　時間）  　部活動引退後 | | | | | | | | | | | | | | | | | |
| AM | | | | | | | | | | | | | | | | | | PM | | | | | | | | | | | | | | | | | | | | AM | | | |
| 5 | | | 6 | | | 7 | | 8 | 9 | | 10 | | | 11 | | | 12 | 1 | 2 | 3 | 4 | | 5 | | 6 | | 7 | | | 8 | 9 | | | 10 | | 11 | | 12 | | 1 | 2 |
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| **（２）休日学習時間**（　　　　時間）  　部活動引退後 | | | | | | | | | | | | | | | | | |
| AM | | | | | | | | | | | | | | | | | | PM | | | | | | | | | | | | | | | | | | | | AM | | | |
| 5 | | | 6 | | | 7 | | 8 | 9 | | 10 | | | 11 | | | 12 | 1 | 2 | 3 | 4 | | 5 | | 6 | | 7 | | | 8 | 9 | | | 10 | | 11 | | 12 | | 1 | 2 |
|  |  | | | |  | |  | |  |  | |  | | | |  | |  |  |  |  | |  | |  |  | | |  | | |  |  | | |  |  | | |  |  |