

Sample Weekly Schedule - How to Budget Your Time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM	EAT BREAKFAST	EAT BREAKFAST	EAT BREAKFAST	EAT BREAKFAST	EAT BREAKFAST	A full load is a full time job.	
8:00 AM	Engl 105 Class	Psych Study	Engl 105 Class	Psych Study	Engl 105 Class	Stay on top of your syllabi, know what you need to do for the rest of the week.	
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	Psyc 152 Class	Math 121 Class	Psyc 152 Class	Math 121 Class	Psyc 152 Class	If you're behind, catch up AND add time for study to keep up.	
9:15 AM							
9:30 AM							
9:45 AM	Engl Study	Engl Study	Engl Study	Engl Study	Engl Study	Plan to do your long term projects long before they're due. A little here & there is easier than all at once.	
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM	Common Hour Successful Students are involved students	Hist 105 Class	Common Hour Successful Students are involved students	Hist 105 Class	Common Hour Successful Students are involved students	If you're prone to procrastination, you'll need to follow your schedule more closely.	
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM	ISDS 150 Class	exercise	ISDS 150 Class	exercise	ISDS 150 Class	Learn to use the task manager & task timeline in MS Outlook (your student email) to help you keep up with your syllabi. You can enter chapters, tests, papers, etc. in the task manager.	
12:00 PM							
12:15 PM							
12:30 PM							
12:40 PM	ISDS 150 Study	lunch/break	ISDS 150 Study	lunch/break	ISDS 150 Study		
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM	Math Study It takes practice everyday, it is not like reading.					You'll find some classes easier than others, adjust your study time accordingly to make sure you spend the right amount of time on each.	
2:00 PM	Read as needed	Hist Study	Read as needed	Hist Study	Read as needed		
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM	Math Study Break it up, spread it out, you'll be less frustrated.					STUDY MORE!! Unless you are part of that 2.2% of the US population of "very superior intelligence," you should spend TWICE as many hours studying as you do in class.	
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM	Work	Long term projects: Novels, Term Papers, Library/Research Final Projects, etc.	Review older material to keep it fresh for your next test or pop-quiz.	Make sure you have gotten all your assignments done for this week. This includes homework that you should have already done but didn't. Anything you do not cover, you DO NOT KNOW.	Work	Your professors work hard on the syllabi for your classes. They expect you to know them backwards and forwards. BE SAFE, BE RESPONSIBLE. You use your brain for class, don't forget it on the weekend.	
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM		Movie Night?					
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM	Eat something healthy every day!						
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							

8:00 PM

Stop the adrenaline within the next two hours, you'll need to sleep soon, most people need 6 to 8 hours...

Study if you need to, but remember that you reach a point of diminishing returns if you stay up too late.

All nighters may get your assignment done but they don't help you to LEARN anything!

Even low to moderate alcohol consumption inhibits long-term memory formation. Hint: that means lower GPA's!

My Weekly Schedule - How I Budgeted My Time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>EAT BREAKFAST</i>						
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	Common Hour		Common Hour		Common Hour		
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
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10:00 AM						Plan to do your long term projects long before they're due. A little here & there is easier than all at once.	
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10:30 AM							
10:45 AM							
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11:30 AM							
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12:00 PM							
12:15 PM		exercise		exercise		Learn to use the task manager & task timeline in MS Outlook (your student email) to help you keep up with your syllabi. You can enter chapters, tests, papers, etc. in the task manager.	
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12:40 PM							
1:00 PM		lunch/break		lunch/break			
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1:45 PM							
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2:15 PM							
2:30 PM						STUDY MORE!! Unless you are part of that 2.2% of the US population of "very superior intelligence," you should spend TWICE as many hours studying as you do in class.	
2:45 PM							
3:00 PM	Math Study Break it up, spread it out, you'll be less frustrated.						
3:15 PM							
3:30 PM	SOMETHING FUN						
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