

# Weekly Schedule:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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1. Fill in fixed time commitments  
*Class, Work, Meetings, Activities, etc.*

2. Schedule specific study times

3. Identify flexible time for personal/social time



➤ Break up large blocks of study time into 1 to 2 hour blocks; switch between subjects giving yourself 5 to 15 minute breaks between them.

➤ Utilize small or "odd" blocks of time for reviewing: **\*\*Research supports review with-in 24 hours of learning (lecture) and then on a weekly basis\*\***

➤ When you get off schedule, "borrow" time from your flexible time