



Weekly Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-noon							
noon-12:30							
12:30-1:00							
1:00-1:30							
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							
3:30-4:00							
4:00-4:30							
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-12:00							

Tips to making a schedule:

- 1.) Identify required time commitments such as sleep; all of your PEARLS, MHDl, Large Group, and R&R Sessions; the time it takes you to get ready; travel time between home and campus; meal breaks (including time for food preparation).
- 2.) Identify how long you'll need for prework, review, and consolidation.
- 3.) Schedule any other non-negotiable times (gym, laundry, grocery shopping)
- 4.) Identify Breaks (Be sure to take breaks between study sessions. Don't cram! Also, be sure to schedule rewards for yourself).
- 5.) Schedule free time (watching Netflix, socializing with friends, chatting with family on the phone...).

After you've lived the week, reflect:

Did this schedule work? Were you able to stick to it? What needs to be tweaked for next week?

Did you have enough time to study? Can you find a way to be more efficient?

How did you feel using the time as assigned? Do you need more breaks? Less breaks?

Did anything come up that you didn't account for? How might you add flex time into next week's schedule?