

COLLEGE WEEKLY TIME SCHEDULE

Fill in your college schedule as suggested in Planning Your Time at College.

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.							
8							
9							
10							
11							
12 p.m.							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

Planning Your Time At College

Directions: Fill in your college schedule on the next page. Be sure to indicate time for each of the following essential activities:

Approximate Time Necessary Each Week	Procedure
15 hours.....	1. Classes. List all your <u>class hours</u> first.
30 hours.....	2. Study. Fill in two hours for each class hour. Before and after the class are the prime times for studying.
20 hours.....	3. Work. If it is necessary that you have a job, try not to work more than 20 hours per week. (Include child care under this heading. Don't plan to study much while a small child is near.)
2 hours.....	4. Library. Become familiar with the library as soon as possible because you will be spending a lot of your college life there.
2 hours.....	5. General Review of Class Notes. This works best on the weekend.
5 hours.....	6. Travel. For commuting hours, also allow a little time for locating a parking area.
14 hours.....	7. Meals. Remember to add time for preparing a meal or waiting in line.
56 hours.....	8. Sleep. Allow eight hours per night.
7 hours.....	9. Personal Hygiene. Set aside at least an hour a day for personal grooming.
5 hours.....	10. Sports.
2 hours.....	11. Religious Activity.
10 hours.....	12. TV, Telephone, Dates.
	13. Any Special Hobby or Recreation

Be sure to schedule 15 minutes a day daily review and two hours for weekly review.