## FINDING TIME TO STUDY

## INSTRUCTIONS:

- Block off all committed time (classes, travel time, job, recreation, etc.) and 3 hours per day for meals and 'down time'
- With the remaining time, determine "quality" hours for school work in 1 or 2 hour blocks
- Typically, you will need about 6-7 hours of study time for each course you are taking

|  | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 6-7am |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 7-8 am |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 8-9 am |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 9-10 am |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 10-11 am |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| $\begin{gathered} 11 \mathrm{am}- \\ 12 \mathrm{pm} \end{gathered}$ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 12-1pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 1-2 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 2-3 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 3-4 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 4-5 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 5-6 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 6-7 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 7-8 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 8-9 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 9-10 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 10-11 pm |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
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