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		Engl 105 Class		Engl 105 Class	Stay on top of your syllabi, know what you need to do for the rest of the week.	
8:15 AM		Psych Study		Psych Study			
8:30 AM							
8:45 AM							
9:00 AM	Psyc 152 Class		Psyc 152 Class		Psyc 152 Class	If you're behind, catch up AND add time for study to keep up.	
9:15 AM							
9:30 AM		Math 121 Class		Math 121 Class			
9:45 AM							
10:00 AM	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.	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 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.	
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM	ISDS 150 Class		ISDS 150 Class		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.	
12:15 PM							
12:30 PM		exercise		exercise			
12:40 PM							
1:00 PM	ISDS 150 Study	lunch/break	ISDS 150 Study	lunch/break	ISDS 150 Study		
1:15 PM							
1:30 PM	Math Study						
1:45 PM	It takes practice everyday, it is not like reading.						
2:00 PM	Read as needed	Hist Study	Read as needed	Hist Study	Read as needed	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.	
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM	Math Study						
3:15 PM	Break it up, spread it out, you'll be less frustrated.						
3:30 PM	SOMETHING FUN					**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.**	
3:45 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		
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		Movie Night?				Your professors work hard on the syllabi for your classes. They expect you to know them backwards and forwards.	
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM		Eat something healthy every day!				BE SAFE, BE RESPONSIBLE. You use your brain for class, don't forget it on the weekend.	
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!						