

Weekly Academic Schedule Sheets

1. Mark off time you're in **class**. (Usually 12 hours per week for 4 classes.)
2. Mark off 2 hours of **study time** per hour of class. (Usually 24 hours per week.)
3. If you enrolled in **calculus, biology, chemistry, or physics**, increase (some students must double) the hours of study for those classes.
4. If you are in **art or music** classes, add a few extra hours per week.
5. If you suspect your high school education has not fully prepared you for college, dedicate a few hours to meeting with **subject tutors** and **classmates**.
6. Dedicate one hour per week to using **professors' office hours**.
7. If you find **writing** difficult or time consuming, add a few more hours for drafting and Writing Center appointments.
8. If you're a slower **reader**, allow additional study hours.
9. Allow time for **meals**.
10. Please do shower; mark off time for **personal hygiene, laundry, etc.**
11. Anticipate how much time you'll want for **email, phone calls, etc.**
12. If you just have to watch certain shows, play video games, etc., allow for that **relaxation time**.
13. Allow time for **campus activities**: athletic events, theater, music, student government, clubs, etc.

Recognize that dozens of other time-consuming incidents will arise during any week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
8:00		8:00-9:30				8:00-9:00	
9:00							
						9:00-10:00	
9:10							
10:10		9:40-11:10					
						10:00-11:00	
10:20							
11:20						11:00-12:00	
		11:10-12:40 Convo Hour					
11:30							
12:30						12:00-1:00	
12:40		12:50-2:20					
1:40						1:00-2:00	
1:50							
2:50		2:30-4:00				2:00-3:00	
3:00							
4:00						3:00-4:00	
4:10		4:10-5:40				4:00-5:00	
5:10							
						5:00-6:00	
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							