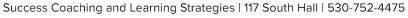


Designing a Weekly Schedule

1.	Where does the time go? Estimate the number of hours you spend on the following tasks. At the end,
yo	u will be able to calculate how much time you are leaving for studying.

Sleep	7 x =	
Self-care/gym	7 x=	
Downtime/hobbies/rel	axing 7 x =	
Cooking/meals	7 x=	
Errands/shopping		
Family/Socializing		
Travel time to and from	n campus x =	
Work/internship	x=	
Extracurricular activitie	25	
Time in class		
	TOTAL	
What's left over?	168 hours/week	= study time available
Study time?	hours of lecture x 3	= study time needed





2. Design Your Weekly Schedule. Make sure to block out enough study time, as you identified in part 1. First add fixed commitments, then flex hours, and lastly, fluid hours.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am							
8-9am							
9-10am							
10-11am							
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11-12am							