

WEEKLY SCHEDULE

Name _____

Semester/Year _____

Recommended Minimum Weekly Study Time
 3 hr class, add 6 hrs study time = 9 hrs per wk
 4 hr class, add 8 hrs study time = 12 hrs per wk
 5 hr class, add 10 hrs study time = 15 hrs per wk

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am 6:30							
7:00 am 7:30							
8:00 am 8:30							
9:00 am 9:30							
10:00 am 10:30							
11:00 am 11:30							
12:00 pm 12:30							
1:00 pm 1:30							
2:00 pm 2:30							
3:00 pm 3:30							
4:00 pm 4:30							
5:00 pm 5:30							
6:00 pm 6:30							
7:00 pm 7:30							
8:00 pm 8:30							
9:00 pm 9:30							
10:00 pm 10:30							
Class Time							
Study Time							
Total/ Both							

There are 168 hrs in a week. This is a chart for planning 119 of those hours, the time most people go to class, work & study. Don't forget to add in extra time for sleep, rest & time with friends & family. Individual needs vary. Your schedule must meet your needs.