

Time Management Chart

Addendum to "Study Guide for Analytical Studies"

Examples									Total Hours		
Time	Mon	Tue	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Nonacad*	Study Time
6:00 a.m. --	Sleep	Sleep									
7:00 --	Shower etc.	Shower etc.									
7:30 --											
8:00 --	CHM 210 LEC	BRFST									
8:30 --											
9:00 --	BRKFST	ENGL 100 LEC									
9:30 --											
10:00 --	HMWK ENGL 100	MATH 220 REC									
10:30 --											
11:00 --	MATH 220 LEC	SPCH 105 LEC									
11:30 --											
NOON --	PSYCH 110 LEC	LUNCH									
12:30 --		BREAK									
1:00 --	LUNCH										
1:30 --	HMWK PSYCH 110	SOCIO 211 LEC									
2:00 --											
2:30 --											
3:00 --		HMWK MATH 220									
3:30 --											
4:00 --	CHM 210 LAB	PRACT CHM 210									
4:30 --											
5:00 --		PRACT MATH 220									
5:30 --	DINNER										
6:00 --		DINNER									
6:30 --	CHM 210 QUIZ PREP	RECREATION									
7:00 --											
7:30 --											
8:00 --	CHM 210 QUIZ	JOB									
8:30 --		↓									
9:00 --	MEETING PROF SOC										
9:30 --		PRACT MATH 220									
10:00 --											
10:30 --	PREPARE	FOR BED									
11:00 --											
11:30 --											
MIDNIGHT	SLEEP	SLEEP									
12:30 --	↓	↓									
1:00 --											
↓											

<p>NOTE: See "Balancing Your Weekly Schedule" on pg. 3, and remember to allow for short 5 min. breaks. Most study time should be used for repeating problems, assuming homework is done.</p> <p>Use "Semester Load Chart", pg. 4. Eating & Sleeping are not added into nonacademic activity calculations, if sleep is about 7.5 hrs per night & eating periods are about 30 min.</p> <p>** Total minimum weekly study hours = hrs enrolled X 3.</p>	WEEKLY TOTALS	○	
TOTAL SEM HRS ENROLLED	↑	← X 3 =	