

# FINDING TIME TO STUDY

**INSTRUCTIONS:**

- Block off all committed time (classes, travel time, job, recreation, etc.) and 3 hours per day for meals and 'down time'
- With the remaining time, determine "quality" hours for school work in 1 or 2 hour blocks
  - Typically, you will need about 6-7 hours of study time for each course you are taking

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6-7am							
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11 am - 12 pm							
12-1pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							