

## Weekly Homework & Study Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

\*\*Start Something--Continue Something-- and Complete Something\*\*

### **Weekly Schedule Instructions**

1. Enter classes, lectures, recitations, and labs.
2. Enter any regular activities that occur weekly. For example: work, volunteer, organizations, extracurricular, and exercise.
3. Structure the day by entering times for breakfast, lunch, and dinner. Weekends can be more flexible.
4. Calculate how many hours you need to sleep (7-9 hours are recommended) and block that time in your schedule.
5. Using the PLRS method, enter the time to Preview and Review for each of your classes.
6. Using the 3-2-1 method, approximate how many hours you need to study each week for your classes.
7. With that number, and the deadlines for assignments in mind, enter times and days dedicated to studying for each homework assignment. Then, differentiate between homework and study time.