| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 6am | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |  |  |
| 7 am | Commute to Work | Commute to School | Commute to Work | Commute to School | Commute to School |  |  |
| 8am | Work | English 102 | Work | English 101 | Work |  |  |
| 9am |  | $\sqrt{6}$ |  |  |  | Breakfast | Breakfast |
| 10am |  | Math 115 |  | Math 115 |  |  |  |
| 11am |  | $\sqrt{6}$ |  | $\sqrt{6}$ | $\sqrt{5}$ | Homework | Video Games |
| 12pm | $\sqrt{5}$ | Lunch | $\sqrt{6}$ | Lunch |  | $\sqrt{5}$ | $\sqrt{6}$ |
| 1pm | Lunch |  | Lunch |  |  |  |  |
| 2pm | TV | $\underset{\text { Japanese } 101}{ }$ |  | Japanese 101 | Homework | Study | Volunteer Work |
| 3pm |  | $\downarrow$ |  | $\sqrt{6}$ | $\sqrt{5}$ | $\sqrt{5}$ | $\sqrt{5}$ |
| 4pm | Homework | Political Science 101 | Homework | $\begin{gathered} \text { Political Science } \\ 101 \end{gathered}$ | $\stackrel{\text { TV }}{7}$ |  |  |
| 5pm | $\sqrt{5}$ | $\sqrt{6}$ | $\sqrt{5}$ | $\sqrt{6}$ | $\sqrt{5}$ |  | Dinner |
| 6pm |  | Dinner |  | Dinner |  | Dinner | Study |
| 7pm | Dinner | Homework | Dinner | Homework | Dinner | Movie $\lceil$ $\square$ | $\sqrt{6}$ |
| 8pm | Read | $\begin{aligned} & \text { TV } \\ & \square \end{aligned}$ | Read | $\begin{aligned} & \text { TV } \\ & 7 \end{aligned}$ | Spend Time With Friends |  |  |
| 9pm | $\sqrt{5}$ | $\sqrt{5}$ | $\sqrt{5}$ | $\sqrt{5}$ |  | $\forall$ |  |
| 10pm |  |  |  |  | $\sqrt{6}$ |  | Sleep |
| 11pm | Sleep | Sleep | Sleep | Sleep |  |  |  |
| 12pm |  |  |  |  | Sleep | Sleep |  |

## Making a Schedule:

- See the sample schedule for how a full-time student who is working might set their schedule.
- You can make a schedule using a simple chart like the one featured. Start off with the things that won't change like the hours you spend in class or a job with a set schedule, then add things that could change, but fill them in based on how they would best be accomplished this week (these could be things like homework time, a work schedule that varies, or plans for the weekend).
- If it helps you, feel free to color code based on priority. An example could be Green for must do, blue for should do but can be rescheduled, and yellow for could do but don't have to.
- Use these tips to fill out your own weekly schedule on the template provided.

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

