

Time Management Activity: Create your College Schedule

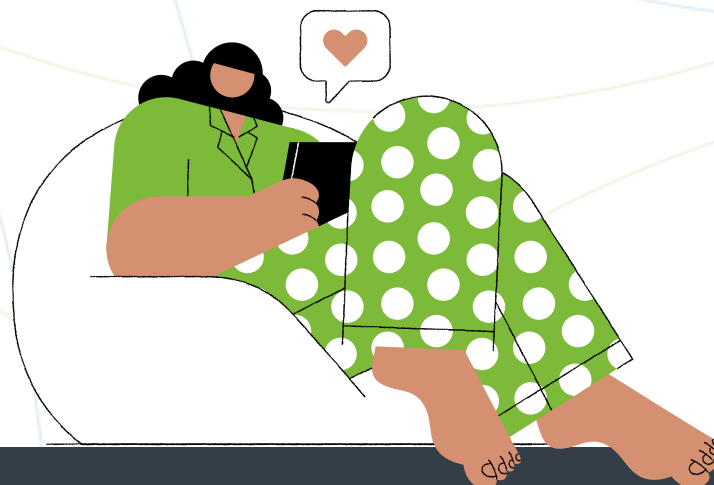
Unlike in high school, when most of your learning happens in class during the school day, in college, you will spend far more time studying than listening to your professor. The positive news is that you get to set your schedule. But it also means that you must be responsible budget your time wisely, and set aside time to study, work, exercise, see friends, and sleep! Practice making a weekly schedule based on the following information.

Instructions:

On your weekly planner, mark off your schedule using the guide below. This is just a sample of courses. In reality, available courses will likely be much larger. Work on this alone and then compare with a partner once you've completed your schedule.

Classes

(Pick between 12 and 18 hours if you plan to take classes full time. If you plan to attend part-time, pick 6-9 hours).



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PSYC 1001: Intro to Psychology, 3 credit hours: M/W/F 8:00am - 9:00am

CALC 1001: Calculus I, 3 credit hours: M/W/F: 10:00am - 11:00am or T-Th:2:30-4:00pm

- Lab is required same semester

CALC 1023: Calculus I Lab, 1 credit hour: Th 2:00pm - 5:00pm or W-8:00am-11:00am or F- 4-5pm

BIOL 1001: Biology, 3 credit hours: T/Th 10:30am - 12:00pm or M/W/F 2pm-3pm

- Lab is required same semester

BIOL 1023: Biology Lab, 1 credit hour: T 2:00pm - 5:00pm, W 11am-2pm or Friday 12 - 3pm

ENGL 2004: World Literature, 3 credit hours: M/W/F 2:00pm - 3:00pm or T/Th 9:30am -11:00 am

BIOL 3045: BIOL 3045: Theoretical Biology of Monsters and Crypids, 3 credit hours: M/W/F 1:00pm - 2:00pm

COMP 1003: COMP 1003: Computer Science, 3 credit hours: T/Th 9:00am - 10:20am or T/Th 3:30-4:50pm

PEDU 1004: PEDU 1004: Kickboxing, 1 credit hour: Th 4:00pm - 5:00pm

PEDU 1035: PEDU: 1035 Salsa, 1 credit hour: M 5:00pm-6:00pm

FILM 1001: FILM 1001 Intro to Film, 3 credit hours: Tues 2:00pm - 5:00pm

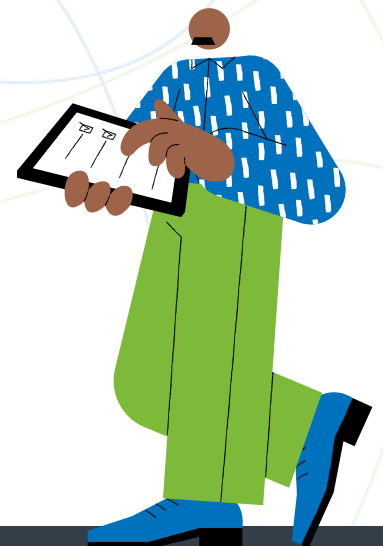
HIST 2242: HIST 2242: A History of Rock Music in the USA, 3 hours: T/Th 2pm-3:30pm

ENGL2054: ENGL 2054 Social Media and Relationships, 3 credit hours
M/W/F 1:00 pm to 2:00 pm

Study Time

Block off 3 hours of total studying time for every hour of class

- Use weekends!
- Make sure it is spread out throughout the week



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Commute Time

Block off 20 minutes (or your expected commute) any time you plan to go from home to class and back

Sleep

Block off time for when you will wake up and go to sleep each day

- 8 hours per night is good for your health and your grades!

Meals

- Nutrition is important!
- Block off 1 - 2 hours total each day for breakfast, lunch, and dinner

Work (10 - 20 hours) (optional)

- Campus Bookstore: Can overlap with study time
- Local Restaurant: hours are from 4:00 pm to 9:00 pm on 2-4 days of your choice
- Local Coffee Shop: hours are from 6:00 am to 10:00 am, can overlap with a total of 2 hours of study time.
- If you plan to work somewhere, feel free to add those hours/commute time

Activities (Pick at least 3)

- Art Project: 3 hours on Friday
- Gym/Exercise: 1 hour each on 3 days of your choice
- Laundry: 2 hours on Sunday (Can overlap with study time)
- Groceries: 1.5 hours on Sunday
- Campus Club: 2 hours on a Tuesday or Thursday Evening
- Video Games with Friends: 3 hours on Saturday
- Outdoors Activities with Friends: 3 hours on Saturday
- Nap or relaxation: 1 - 3 hours as you see fit throughout the week
- Netflix: Two hours a week
- Other: fill in time for your favorite activity in the remaining blank spaces



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
7:30 AM							
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