

Time Management

Exercise 5: Weekly Study Planner (night owl) – week commencing

Write in your lectures and other commitments. Then commit your study times.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 am							
8.00 am							
9.00 am							
10.00 am							
11.00 am							
12.00 midday							
1.00 pm							
2.00 pm							
3.00 pm							
4.00 pm							
5.00 pm							
6.00 pm							
7.00 pm							
8.00 pm							
9.00 pm							
10.00 pm							
AFTER 11 PM							

EXAMPLE – Weekly Study Planner (night owl)

Write in your lectures and other commitments. Then commit your study times.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Take morning off	Breakfast	
8.00 am	Go for a walk/jog/gym	Prepare for tutorial	Go for a walk/jog/gym	Prepare for lecture	Go for a walk/jog/gym		Work	Go for a walk/jog/gym
9.00 am								Study time
10.00 am	Lecture	Tutorial	Lecture	Lecture	Lecture			Study time
11.00 am	Tutorial	Relax	Tutorial	Relax	Tutorial			
12.00 noon	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1.00 pm	Lecture	Go shopping	Prepare for lecture	Work	Prepare for lecture	Work	Study time	
2.00 pm	Lecture		Lecture		Lecture			
3.00 pm	Relax	Study time	Relax		Relax		Relax	Relax
4.00 pm	Lecture		Swimming		Study time		Study time	Play tennis
5.00 pm	Lecture							
6.00 pm	Dinner	Dinner	Dinner				Dinner	Dinner
7.00 pm	Study time	Study time	Study time				Study time	Study time
8.00 pm								
9.00 pm								
10.00 pm								
AFTER 11 PM								

Adapted from ASO Weekly Study Planner: <http://www.une.edu.au/tlc/students/publications/weekly-study-planner.pdf>