

24 Hour Schedule

Time is the most valuable commodity in the world.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
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8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							

You CAN fit it all in.

- For every credit hour in class, you should plan 2 hours outside of class for associated study and work.
- Think about all the things you have to do in a week. Schedule your most important priorities first (e.g., class, work, studying, sleep, etc).
- Don't forget to plan & schedule time for out-of-class work, in the same way you would for class time.
- Schedule less important priorities (e.g., gym, household chores, hobbies) around your most important.
- Distribute your study time throughout the week! Make sure to build in time to preview material before class and review material within 24 hours after class to boost your memory.