



# ACADEMIC SKILLS: WEEKLY SCHEDULE

Directions: Fill in scheduled commitments (class, work, appointments, etc.). Next fill in the time you need to study: allow two hours of study time for each hour in class. You can go further and schedule meals, breaks and self-care.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 a.m.							
7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
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