

Weekly Schedule

Include all classes in one color, and all meetings, work and any other regular appointments you have in a second color.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							

Include study times in a third color. Suggested study guidelines:

- Study 1 hr a day, 5 days a week for each 3 credit course
- Study 1 hr a day, 2-3 days a week for each 1 credit course
- No more than 2 hours of studying in a row (schedule some breaks)
- Avoid late night study



VCU

Strategic Enrollment Management
and Student Success