

Time Blocking

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							



Did you include...

- Class schedule
- Club, intramurals, and extracurricular schedule
- Work schedule (if needed)
- 15-20 hours of academic time
- At least three hours of exercise for the week
- At least two meals per day
- Two consecutive hours for laundry
- Free time (Netflix, hanging out with friends, video games, self care, etc.)
- Time to get up, get ready, and get to first morning commitment
- Time to wind down and get ready for bed
- Sleep and wake times that allow for at least seven hours of sleep

Tips for Success

- Your brain performs best when you get at least 30 minutes of exercise per day. Raising your heart rate for that amount of time reduces stress, increases focus and attention, and improves memory retention, meaning your homework and study sessions will be much more efficient.
- You should try to study for at least three hours per class per week. If the assigned homework for the week doesn't take you three hours, what other steps can you take to either better understand the material or prepare you for the next exam?
- If you're going to study in your dorm, start your laundry while you study so you can get both done at the same time. Don't forget to set timers so you remember to move your laundry when the cycle is done!
- Gaps in between classes is the perfect time to study and complete homework, or to go to the rec center to exercise. Utilizing the gaps in your schedule ultimately gives you more free time.



If you found this helpful or have questions, please reach out!
Emiko Patterson · epatterson@untappedlearning.com · untappedlearning.com