

Weekly schedule for part-time study template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00				Personal hygiene			
7.30	Personal hygiene			Breakfast			
8.00	Breakfast			*			
8.30	*	Personal hygiene	Personal hygiene	Lecture /	Personal hygiene	Personal hygiene	
9.00	Organisation / E-Mails	Breakfast	Breakfast	Practical tutorial	Breakfast	Breakfast	
9.30		*	*		*	*	Personal hygiene
10.00		Group work /	Shopping		Way there	Work on study tasks	Breakfast
10.30	Lecture /	Work on study tasks			Doctor's- /	read for your	*
11.00	Practical tutorial			Organisation / E-Mails	Therapy- /	courses	
11.30			Household chores		other Appointments		Go for a walk / Exercise
12.00					Way back	Work on study tasks	with a friend
12.30	Go for a walk	Lecture /		Lunch break		read for your courses	
13.00	Lunch break	Practical tutorial	Lunch break		Lunch break	Organisation / E-Mails	
13.30				Go for a walk			Eat lunch
14.00						Lunch break	(with a friend)
14.30	Lecture /		Way there	Group work /	Lecture /		
15.00	Practical tutorial	Lunch break	Doctor's- /	Work on study tasks	Practical tutorial	Shopping	
15.30			Therapy- /				
16.00			other Appointments	Group work /			Talk / write
16.30	Sport /	Group work /	Way back	Work on study tasks	Sport /	Household chores	with friends / family
17.00	Relaxation	Work on study tasks			Relaxation		
17.30				Dinner			
18.00	Dinner		Dinner		Dinner		
18.30							
19.00				Read a book /		Dinner	Dinner
19.30		Dinner	Talk / write	Watch a movie			
20.00			with friends / family				
20.30							
21.00	*	*	*	*	*	*	*
21.30							
22.00							

Weekly schedule for part-time study with part-time job template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00				Personal hygiene			
7.30	Personal hygiene			Breakfast			
8.00	Breakfast			*			
8.30	*	Personal hygiene	Personal hygiene	Lecture /	Personal hygiene	Personal hygiene	
9.00	Organisation / E-Mails	Breakfast	Breakfast	Practical tutorial	Breakfast	Breakfast	
9.30		*	*		*	*	Personal hygiene
10.00		Group work /	Shopping		Way there		Breakfast
10.30	Lecture /	Work on study tasks			Doctor's- /		*
11.00	Practical tutorial			Organisation / E-Mails	Therapy- /		
11.30			Household chores		other Appointments		Go for a walk / Exercise
12.00					Way back		with a friend
12.30	Go for a walk	Lecture /		Lunch break			
13.00	Lunch break	Practical tutorial	Lunch break		Lunch break	Be at work	
13.30				Go for a walk			Eat lunch
14.00							(with a friend)
14.30	Lecture /			Group work /	Lecture /		
15.00	Practical tutorial	Lunch break		Work on study tasks	Practical tutorial		
15.30							
16.00				Group work /			Talk / write
16.30	Sport /	Group work /		Work on study tasks	Sport /	Household chores	with friends / family
17.00	Relaxation	Work on study tasks	Be at work		Relaxation		
17.30				Dinner			
18.00	Dinner				Dinner		
18.30							
19.00				Read a book /		Dinner	Dinner
19.30		Dinner		Watch a movie			
20.00			Late Dinner				
20.30			with friends / family				
21.00	*	*	*	*	*	*	*
21.30							
22.00							

Your weekly schedule for part-time study

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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22.00							

Uni / part-time job

- Online - attend lecture
- Online - attend tutorial
- Be at work

Studying

- No more than 6 hours/day recommended
- Organisation / E-Mails
 - Read for your courses
 - Work on study tasks / Group work
 - Review course material
 - Plan your schedule for the next day *

Everyday chores

- Food / Coffee • Personal hygiene
- Household chores (do not use as an excuse to distract yourself)
- Shopping
- Doctor's/Therapy and other appointments
- Adjust daily plan *

Breaks / free time

- Sport / relaxation
(3 times/week recommended)
- Talk / write with family and friends
- Social media (No more than 30 min/day recommended)
- Hobbies and free time activities

Notes