

# Academic Success

## This Week's Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7.00 – 8.00							
8.00 – 9.00							
9.00 – 10.00							
10.00 – 11.00							
11.00 – 12.00							
12.00 – 1.00							
1.00 – 2.00							
2.00 – 3.00							
3.00 – 4.00							
4.00 – 5.00							
5.00 – 6.00							
6.00 – 7.00							
7.00 – 8.00							
8.00 – 9.00							
9.00 – 10.00							
10.00 – 11.00							

Aim to include a balance of study, regular meals, recreation, exercise, social time.  
Regular breaks improve the quality of time spent studying.