

Weekly Time Management Exercise

Directions: Taking into consideration this fictional student's time commitments listed below, use the weekly time schedule on the back side of this sheet to design a reasonable view of how this student can organize their time. Make sure you fit in everything this student must get accomplished; do not leave any of their commitments out!

This student is a freshman, who believes they would like to be a Nursing major, their class schedule and other time constraints are listed below:

First Year Studies 101: Mondays (10:10am-11:00am)

Psychology 110: Mon, Wed, Fri (11:15am-12:05pm)

Chemistry 120: Lecture: Tues, Thurs (9:40am-10:55am)

Discussion: Thurs (12:40pm-1:55pm)

Lab: Tues (12:40pm-1:55pm)

Lab: Tues (2:10pm-3:40pm)

Math 125: Mon, Wed, Fri (1:25pm-2:15pm)

English 101: Mon, Wed, Fri (9:05am-9:55am)

Total # of credits: 14

Time spent in the library per week: 20 hours

Time spent volunteering at a local hospital per week: 10
hours

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Office of Advising & Academic Success

