

Two examples of study timetables

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Preparing a Study Timetable							
sample study timetable (on-campus, full-time)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am	GYM		GYM				
9-10am	STUDY	travel		STUDY	travel	WORK	FOOD SHOPPING, LUNCH, CHORES
10-11		CLASSES	STUDY		CLASSES		
11-12							
12-1pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1-2pm	STUDY	CLASSES	travel	STUDY	CLASSES		
2-3pm			CLASSES				
3-4pm					travel		STUDY
4-5pm	CHORES, DINNER	travel		DINNER	STUDY		
5-6pm		DINNER	travel	WORK	DINNER		DINNER
6-7pm	WORK	STUDY	STUDY		STUDY	GO OUT	STUDY
8-9pm							
9-10pm							
10-11pm							
11-12midnight							
	6	3	6	7.5	5.5	0	6.5
TOTAL STUDY HOURS PER WEEK: 34.5							
SUBJECT 1 (hardest): 12							
SUBJECT 2 (middle): 8							
SUBJECT 3 (middle): 8							
SUBJECT 4 (easiest): 6.5							

Adapted from: <http://skoolshopblog.blogspot.co.nz/2013/01/study-schedule-and-time-table-for-exams.html>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00 - 8.30	LECTURE	STUDY includes 15 minute break	FREE TIME	TUTORIAL	STUDY includes 15 minute break	SLEEP IN!!!!	SLEEP IN!!!!
8.30 - 9.00							
9.00 - 9.30							
9.30 - 10.00	BREAK	BREAK	TUTORIAL	BREAK	BREAK		
10.00 - 10.30							
10.30 - 11.00							
11.00 - 11.30	STUDY includes 15 minute break	LECTURE	LECTURE	STUDY includes 15 minute break	TUTORIAL	BRUNCH	BRUNCH
11.30 - 12.00							
12.00 - 12.30							
12.30 - 13.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
13.00 - 13.30							
13.30 - 14.00							
14.00 - 14.30	LECTURE	TUTORIAL	STUDY includes 15 minute break	LECTURE	STUDY includes 15 minute break	STUDY includes 2 x 15 minute breaks	
14.30 - 15.00							
15.00 - 15.30							
15.30 - 16.00	BREAK	TUTORIAL	BREAK	BREAK	TUTORIAL	BREAK	
16.00 - 16.30							
16.30 - 17.00							
17.00 - 17.30	STUDY includes 15 minute break	DINNER	STUDY includes 15 minute break	LECTURE	DINNER	STUDY Prepare for next week	
17.30 - 18.00							
18.00 - 18.30							
18.30 - 19.00	FREE TIME Exercise	STUDY includes 15 minute break	DINNER	DINNER	DINNER	FREE TIME Meet friends	
19.00 - 19.30							
19.30 - 20.00							
20.00 - 20.30							

Adapted from: <http://gallerily.com/college+timetable+template?image=245138251>

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Learning Support @ Student Success



studentsuccess@op.ac.nz



0800 762 786

Study Timetable

Week starting _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8							
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							