

Term _____

Month _____

Week _____

	Monday	Tuesday	Wednesday
6:00 AM			
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			
12:00 PM			
1:00 AM			

NOTES

Hours available to study: _____ Hours needed for study: _____

Term _____

Month _____

Week _____

	Thursday	Friday	Saturday	Sunday
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM				
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM				
2:00 PM				
3:00 PM				
4:00 PM				
5:00 PM				
6:00 PM				
7:00 PM				
8:00 PM				
9:00 PM				
10:00 PM				
11:00 PM				
12:00 PM				
1:00 AM				

NOTES

Hours available to study: _____ Hours needed for study: _____

Term _____

Month _____

Week _____

High Difficulty Course 3 hours
 Medium Difficulty Course 2 hours
 Low Difficulty Course 1 hour

Multiply

1 Example	2 Difficulty Level (High, Medium, or Low)	3 Hours in Class Each Week	4 Study Hours Based on Difficulty (*see Predict Hours above)	5 Study Hours Per Week
			X	=
Biology 1010	High	3	3	9
Math 1010	High	3	3	9
PSY 1730	Medium	3	2	6
ENGL 1010	Medium	3	2	6
PE 1605 (Skiing)	NA	2	0	0
			X	=
			X	=
Total Study Hours per Week				30

COMPLETE THIS FORM

1 Your Semester Courses	2 Difficulty Level (High, Medium, or Low)	3 Hours in Class Each Week	4 Study Hours Based on Difficulty (*see Predict Hours above)	5 Study Hours Per Week
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
			X	=
Total Study Hours per Week				

Hours available to study: _____ Hours needed for study: _____