

# Student Success Navigator Weekly Scheduling Activity

Time	Monday ____	Tuesday ____	Wednesday ____	Thursday ____	Friday ____	Saturday ____	Sunday ____
5 - 6 a.m.							
6 - 7 a.m.							
7 - 8 a.m.							
8 - 9 a.m.							
9 - 10 a.m.							
10 - 11 a.m.							
11 a.m. - 12 p.m.							
12 - 1 p.m.							
1 - 2 p.m.							
2 - 3 p.m.							
3 - 4 p.m.							
4 - 5 p.m.							
5 - 6 p.m.							
6 - 7 p.m.							
7 - 8 p.m.							
8 - 9 p.m.							
9 - 10 p.m.							
10 - 11 p.m.							
Key - colour code	Self-care	Commuting	In class	Free time	Homework/study	Work	Other?

### **Steps for building your schedule:**

1. Modify the time periods to better suit your schedule, if needed.
2. Enter your scheduled class times.
3. Enter your work/ volunteer times.
4. Enter your travel time to and from school/work.
5. Enter your self-care time (including sleep!).
6. Look at the time you have left. Where can you fit in study and learning activities.
7. Re-occurring activities will be your template. Your study and learning activities will change weekly based on deadlines and due dates pulled from your semester calendar.

### **Need further assistance or want to explore more study skills?**

Scan to book a Student Success Navigator appointment.



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