



SAMPLE FRESHMAN SCHEDULE
taking a 12-credit course load

168 hours per week minus 12 hours in class, 24 hours of homework, 7 hours of sleep per day = **83 hours of "free" time**. Chart out the rest of your time. Remember to plan time for the following:

Eat / Exercise / Volunteer / Clubs / Job / Athletics / Social / ?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM							
7:00AM							
7:30AM							
8:00AM							
8:30AM							
9:00AM	Course 1		Course 1		Course 1		
9:30AM							
10:00AM							
10:30AM							
11:00AM							
11:30AM							
12:00PM	Course 2		Course 2		Course 2		
12:30PM							
1:00PM							
1:30PM							
2:00PM	Course 4	Course 3	Course 4	Course 3	Course 4		
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3:00PM							
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