

## Analyze Your Schedule

**Directions:** Look at the schedule that you have kept of last week's activities and answer the following questions.

1. On which activity, other than sleeping, did you spend most of your time? How much time?
2. What surprised you about how you spent your time?
3. How much time, outside of class, did you spend on your school work?

Generally, what time of day did you study?

Did you study between classes?

Did you study enough? Why or why not?

4. Analyze your schedule. What are some specific times you can schedule for your studying. Remember to use time between classes and when you are most alert.

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

*Put these times into your schedule plan for next week.*

5. What are three changes you will make on how you manage your time.
  - 1.
  - 2.
  - 3.