

# Master Schedule

Week of \_\_\_\_\_

	Date: Monday	Date: Tuesday	Date: Wednesday	Date: Thursday	Date: Friday	Date: Saturday	Date: Sunday
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Use this schedule to plan your week. Include class time, sleep time, study time and activities including tv shows, social time, meals, dates, travel, work, university activities, study groups, laundry and anything else. It can help you see where you have time that you are not using and manage it more efficiently.

This can be especially helpful the last week of classes and during final exam week.

Any questions? Or if you discover you need more help with time management or other study strategies, call the ACCESS/A+ Program at (815) 753-1141 and request an appointment to meet with someone.



Before



After

ACCESS Services: [www.tutoring.niu.edu](http://www.tutoring.niu.edu)

You can download more .PDF copies of this schedule at:  
<http://www.tutoring.niu.edu/resources/index.shtml> and click on “**Master Weekly Schedule Form**”