

## Time Management

Use this form to plan your week. Start by filling in your routine activities (classes, work, tutoring, personal time, etc.). Next, begin to plan study times for each class. For support in planning make an appointment with a Peer Academic Coach at:

The Learning Center  
(562) 985-5350  
Student Success Center #160  
[www.csulb.edu/tlc](http://www.csulb.edu/tlc)

	MON	TUES	WED	THURS	FRI	SAT	SUN
5 – 6 am							
6 – 7 am							
7 – 8 am							
8 – 9 am							
9 – 10 am							
10 – 11 am							
11 – 12 pm							
12 – 1 pm							
1 – 2 pm							
2 – 3 pm							
3 – 4 pm							
4 – 5 pm							
5 – 6 pm							
6 – 7 pm							
7 – 8 pm							
8 – 9 pm							
9 – 10 pm							
10 – 11 pm							
11 – 12 am							