

Time Management

Use this form to plan your week. Start by filling in/labeling your routine activities (classes, work, tutoring, family time, etc.). Next, begin to plan study times for each class. For support in planning make an appointment with a learning skills specialist at:

The Learning Center
(562) 095-5350
Student Success Center #160

	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							