

Study Timetable



University of
**Southern
Queensland**

Study Timetables are useful for a range of reasons. Planning and organising days helps create a routine which can lead to your success.

Even better, you only need to worry about studying during the times set on your timetable. Balance in life is also important.

Make sure there is time set aside for fun, eating, sleeping and relaxing too.

Things you may need to book in:

<i>Lecture times</i>	<i>Tutorial times</i>
<i>Assignment study</i>	<i>Exam study</i>
<i>Breakfast</i>	<i>Lunch</i>
<i>Dinner</i>	<i>Relaxation</i>
<i>Exercise</i>	<i>Learning Centre</i>
<i>Family time</i>	<i>Housework</i>
<i>Gardening</i>	<i>Relationships</i>
<i>Social life</i>	<i>Driving time</i>
<i>Volunteering</i>	<i>Shopping</i>
<i>Meditation</i>	<i>Work</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12pm–1am							
1–2am							
2–3am							
3–4am							
4–5am							
5–6am							
6–7am							
7–8am							
8–9am							
9–10am							
10–11am							
11am–12pm							
12–1pm							
1–2pm							
2–3pm							
3–4pm							
4–5pm							
5–6pm							
6–7pm							
7–8pm							
8–9pm							
9–10pm							
10–11pm							
11pm–12am							