

# My TWU Weekly Schedule

Academic Coaching/Learning Commons

Date							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00							
11:00	CHAPEL	CHAPEL	CHAPEL	CHAPEL	CHAPEL		
11:40 – 1:00							
1:10 – 2:25							
2:35 – 3:50							
4:00 – 5:15							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

\*Being successful at university requires studying for **6 hours a week** for each 3 credit course (i.e. 30 hours/week of studying for a student taking 15 credits).

\*Studying involves **R<sup>2</sup>AP**:

1. Reviewing notes

2. Required readings

3. Assignments & Papers

} Spend 1/3 of your study time on each.