

# WEEKLY PLANNER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7							
7 - 8							
8 - 9							
9 - 10							
10 - 11							
11 - 12							
12 - 1							
1 - 2							
2 - 3							
3 - 4							
4 - 5							
5 - 6							
6 - 7							
7 - 8							
8 - 9							
9 - 10							
10 - 11							
11 - 12							

# HOW TO FILL IN YOUR WEEKLY PLANNER

1. When filling out your Planner, make sure you leave time for everything in your life: sleeping, eating, travel, exercise, relaxing/having fun with family and friends, earning money, domestic duties and of course, attending classes and studying.
2. You may wish to colour code your Planner (eg., classes in black, study in red, time at work in green etc).
3. Once you've filled it in, look over your Planner - does your life appear balanced?
4. Students often ask how much time a week they should allocate to study. Estimates vary, usually between one and two hours of study for every hour in class, depending upon how much class hours you are required to attend i.e., if you only have 15 hours/week in class, you might need to spend 30 hours studying; if you have 25 hours/week in class, you might only need to spend 25 hours studying. It also of course differs from individual to individual and from time to time throughout the Session.

Please feel free to contact the Counselling and Disability Service on your campus and make an appointment to speak with a Counsellor or Disability Advisor.

<http://www.uws.edu.au/students/ods/counsellingservice>

## | Counselling Service | Disability Service |

All consultations for these services are regarded as completely private and confidential. Information is not forwarded to any other section or department within or outside the university, except upon a specific request from the student. These services are here to help students with their studies. For further information, contact:

<b>Counselling Services</b>	<a href="mailto:counselling@uws.edu.au">counselling@uws.edu.au</a>	02 9852 5199
<b>Disability Services</b>	<a href="mailto:disability@uws.edu.au">disability@uws.edu.au</a>	

or visit:

<b>Bankstown Campus</b>	Building 12	<b>Campbelltown Campus</b>	Building 16
<b>Hawkesbury Campus</b>	Building G7	<b>Parramatta campus</b>	Building EJD-51
<b>Penrith Campus</b>	Building P1-04		

**Would you like more free copies of this planner?**

Go to <http://www.uws.edu.au/students/ods/counsellingservice> or visit one of the Counselling and Disability Services Offices