

Study Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work							
Study							
Life and Leisure							

Make sure your schedule is achievable!

If you have work until 5 and family activities until 8 or 9 at night, it's unlikely you'll be able to do 3 hours of study.

Leisure time is important, so make sure you give yourself rest days to relax!

Study Schedule Tips

Study Purpose Statement:

Remind yourself why you are studying. Do you want a promotion? A pay rise for a new car? Are you looking to change jobs? Are you trying to get back into the workforce?

Top Tips for a Successful Study Schedule

Stick to your schedule:

Be consistent and give yourself the time you need to achieve your goals

Don't overcommit yourself:

Make sure you are being realistic with your expectations. If your schedule is unachievable you will resent it and lose motivation

Stay motivated:

Remember why you are taking this course and the benefits you will gain from completing it

Reach out when you need to:

The coaches are here to help you. Use the contact a coach feature to request help and guidance when you need it!