

How well can you manage your time?

There is a mixture of compulsory and optional activities below. Manage your time and see what you can achieve in one day. Your timeframe is from 6am to midnight. Add in the university tasks below next to an allocated time and remember don't be late your university classes.

There is no right or wrong answer. Try to find a good study to life balance and allocate time for some of the optional activities too!

List of Tasks

- Breakfast, lunch, dinner
- Get ready for the day
- Lecture at 10:30am (lasts 2 hours)
- Tutorial at 3:00pm (lasts 1 hour)
- Essay deadline is at today by midnight. You have nearly completed your essay but need to add some finishing touches before you submit it. Don't leave it until last minute! This time can be broken up over the day (lasts 2 hours)
- Sports society meeting at 4:30pm (lasts 1 hour)
- Essential reading for tomorrow's seminar (2 hours)
- Travel to and from university (20 minutes each way)



Optional - See what else you have time for!

Trip to the cinema with friends

Trip to the library to get books of next essay

Chill with flatmates, watch tv or film

Call family or your friends

Nap

Catch up with course mates

Go to the gym



Day Timings

Task



6:00am - 6:30am
6:30am - 7:00am
7:00am - 7:30am
7:30am - 8:00am
8:00am - 8:30am
8:30am - 9:00am
9:00am - 9:30am
9:30am - 10:00am
10:00am - 10:30am
10:30am - 11:00am
11:00am - 11:30am
11:30am - 12:00pm
12:00pm - 12:30pm
12:30pm - 1:00pm
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1:30pm - 2:00pm
2:00pm - 2:30pm
2:30pm - 3:00pm
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6:30pm - 7:00pm
7:00pm - 7:30pm
7:30pm - 8:00pm
8:00pm - 8:30pm
8:30pm - 9:00pm
9:00pm - 9:30pm
9:30pm - 10:00pm
10:00pm - 10:30pm
10:30pm - 11:00pm
11:00pm - 11:30pm
11:30pm - MIDNIGHT

