

College Study Schedule

Time	Activity
6:30 AM – 7:00 AM	Wake Up & Stretch
7:00 AM – 8:00 AM	Breakfast & News
8:00 AM – 10:30 AM	Major Subject Study
10:30 AM – 11:00 AM	Break
11:00 AM – 1:00 PM	Lab Work / Assignments
1:00 PM – 2:00 PM	Lunch & Rest
2:00 PM – 4:00 PM	Secondary Subject Study
4:00 PM – 4:30 PM	Refreshment Break
4:30 PM – 6:00 PM	Library Research / Projects
6:00 PM – 7:00 PM	Sports / Gym
7:00 PM – 8:00 PM	Dinner
8:00 PM – 9:30 PM	Group Study / Online Learning
9:30 PM – 10:30 PM	Revision & Notes
10:30 PM – 11:00 PM	Relaxation & Sleep