

A WEEK IN THE LIFE OF A MACU STUDENT

****THE BELOW INFORMATION IS AN AVERAGE STUDENT EXPERIENCE. THE SCHEDULE MAY CHANGE WITH EACH COURSE!****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Week 1: Day 1 Syllabus, course docs, weekly content	Week 1: Day 2 Read. Prepare for Discussion Question 1	Week 1: Day 3 Read. Start Homework <i>DQ 1 Due</i>	Week 1: Day 4 Read/research. Prepare for DQ 2.	Week 1: Day 5 Read. Do Homework <i>DQ 2 Due</i>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1: Day 6 Homework!	Week 1: Day 7 <i>Homework Due!</i>	Week 2: Day 1	Week 2: Day 2	Week 2: Day 3	Week 2: Day 4	Week: Day 5

WHAT DOES YOUR WEEK LOOK LIKE?

Review your course requirements and fill in the calendar below. Consider when in your day you will complete each item.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Week 1: Day 1	Week 1: Day 2	Week 1: Day 3	Week 1: Day 4	Week 1: Day 5
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1: Day 6	Week 1: Day 7	Week 2: Day 1	Week 2: Day 2	Week 2: Day 3	Week 2: Day 4	Week 2: Day 5

EFFECTIVE TIME MANAGEMENT

1. CREATE A WEEKLY TO DO LIST.

*REVIEW YOUR WEEKLY COURSE REQUIREMENTS AND
COMPLETE THE “WEEK IN THE LIFE” CALENDAR*

2. SET GOALS AND IDENTIFY TIME- WASTERS

*AVOID ACTIVITIES THAT DISTRACT YOU
FROM YOUR GOALS.*

3. ONLY DO ONE THING AT A TIME

MULTITASKING CAN SABOTAGE YOUR STUDY PLAN.

4. ESTABLISH ROUTINES AND USE BREAKS WISELY

TAKE ADVANTAGE OF DAILY DOWN-TIME.

5. TAKE TIME OFF!

DISCOVER WHAT REGENERATES YOU.

6. LEARN TO DELEGATE

RESIST THE URGE TO DO IT ALL.

ASK YOUR SUPPORT SPECIALIST FOR HELP!
CALL THE SOLUTION CENTER AT 877-569-3198 OR
EMAIL CAGSSTUDENTSERVICES@MACU.EDU. OUR
HOURS ARE 8 AM- 6 PM M-TH AND 8 AM -
5 PM ON FRIDAY, CENTRAL STANDARD TIME.

CHECK OUT OUR [NEW STUDENT
ORIENTATION](#) PLAYLIST!