

WEEKLY SCHEDULE

INSTRUCTIONS: Use this weekly schedule organizer to become a more independent learner and take charge of your studies and your life!



This semester organizer is part of the "Tools for Self-Management" created by TAV College, Montreal. Contact our communications department to inquire about copies for your institution.
E: communications@tav.ca - T: 514-731-2296

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 AM				GYM			
8 AM		POLI SCI QUIZ					
9 AM							HIKING!
10 AM							
11 AM					MEETING WITH TEAM FOR PRES.		
12 PM		LUNCH W/ SAM				GYM	
1 PM							
2 PM						MATH QUIZ	
3 PM							
4 PM							
5 PM		GYM					
6 PM	STUDY POLI SCI		COFFEE W/ STEPH				
7 PM	STUDY POLI SCI				REVIEW MATH		
8 PM	STUDY POLI SCI						
9 PM							

LEARNING GOALS FOR THE WEEK:

- ☐ CATCH UP ON POLI SCI READINGS ☐
- ☐ PREPARE FOR PRESENTATION ☐
- ☐ MATH TUTORIALS FOR HELP ☐
- ☐ ☐

PERSONAL GOALS FOR THE WEEK:

- ☐ EXERCISE: 20 MINUTES A DAY ☐
- ☐ START NEW NOVEL ☐
- ☐ GET WORK DONE BEFORE WEEKEND ☐
- ☐ ☐

WEEKLY SCHEDULE

INSTRUCTIONS: Use this weekly schedule organizer to become a more independent learner and take charge of your studies and your life!



This semester organizer is part of the “Tools for Self-Management” created by the *Centre for Efficient Learning* at TAV College, Montreal. Contact our communications department to inquire about copies for your institution.
E: communications@tav.ca - T: 514-731-2296

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							

LEARNING GOALS FOR THE WEEK:

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

PERSONAL GOALS FOR THE WEEK:

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |