

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Activity Schedule
5:00 AM								Name _____ Date _____ <b>How To Use The Schedule For Increasing Your Study Time</b> 1. First, block in your set commitments such as class hours, work time, meetings, and meals. 2. After setting aside reasonable time for relaxation and social activities, block in the hours you would like to use for study. You may even want to specify for which class you will be using each block. 3. Commit yourself to the schedule and try not to change it for at least one week. Attempt to schedule spontaneous activities around your study hours. After a week, review the schedule for possible changes and make a new commitment to stay with it for at least another week. 4. Give yourself credit for working toward your new goal—don't be hard on yourself! Also, you may want to provide yourself with a reward if you accomplish your goal. Ask a counselor if you need assistance! <b>Psychological Counseling Services</b> <b>CSU Stanislaus</b> <b>Turlock, CA 95382</b> <b>(209) 667-3381</b>
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