

# Homework Schedule

A schedule is a plan that you can create for how you want to spend your time. A good schedule can help you do both what you **must do** and what you **want to do**.

When you make a schedule for yourself, try to keep the following ideas in mind.



Try to make each day a balanced one. Give yourself time both for work and play.



Figure out the time of day that you are most alert and try to do your studying then.



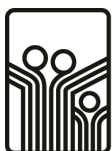
Try to spend at least some time during each school day studying. If you have no homework due the next day, choose another activity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 - 4:00							
4:00 - 4:30							
4:30 - 5:00							
5:00 - 5:30							
5:30 - 6:00							
6:00 - 6:30							
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8:00 - 8:30							
8:30 - 9:00							
9:00 - 9:30							
9:30 - 10:00							

Things that should be included:

- when you may be eating dinner
- one hour of homework (this will vary, but it is important to schedule in the time each day)
- after school activities (watching TV, time with a friend, extra curricular activities, etc.)

Some flexibility should be allowed in the daily schedule.



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