

SAMPLE SCHEDULE

This is the schedule for Cameron, a high school senior who plays basketball and has a part-time job.

Monday	
6:30-7:00a	Wake up, breakfast
7:00-7:30a	Get ready, pack lunch, drive to school
7:45-2:45p	School (blocked as one chunk - classes, passing periods, lunch all included)
3:00-3:30p	Buffer/decompression (drive home, snack, check messages)
3:30-4:30p	HOMEWORK SHIFT: Calc homework (problem set #1-15)
4:30-5:00p	Break (walk, scroll, whatever)
5:00-6:00p	Yearbook committee meeting (school)
6:15-7:00p	Dinner with family
7:00-8:00p	HOMEWORK SHIFT: Finish calc (problems #16-30) + review notes
8:00-9:00p	Flex time (could be: start English reading, get ahead on something, or just chill if calc ran long)
9:00-10:00p	Social time (texts, calls, game with friends online)
10:00-10:30p	Wind down (shower, get ready for bed, pack bag for tomorrow)
10:30p	Lights out (aiming for 8 hours sleep)

Tuesday	
6:30-7:00a	Wake up, breakfast
7:00-7:30a	Get ready, drive to school
7:45-2:45p	School (blocked as one chunk - classes, passing periods, lunch all included)
3:00-5:30p	WORK (part-time job at Target)
5:45-6:30p	Dinner (probably something quick/leftovers)
6:30-7:30p	HOMEWORK SHIFT: Read English assignment (Chapter 3-4)
7:30-8:00p	Buffer (brain break, snack)
8:00-9:00p	HOMEWORK SHIFT: College app–Draft, “Why this major?” essay (just get ideas down, not polishing)
9:00-9:30p	HOMEWORK SHIFT: Spanish vocab flashcards (quiz Friday)
9:30-10:00p	Realistic social time (probably texting while doing other stuff)
10:00-10:30p	Wind down
10:30p	Lights out

Because of Early Release at Cameron’s school on Wednesday, the final bell rings at 12:15. How would you plan her schedule for the day? Use the previous days’ schedules as a model. School runs from 7:45-12:15, and then she’s meeting friends at Chipotle after classes. She also needs to work on an essay for history class and study Spanish vocabulary. Basketball practice is from 4:00-5:30pm.

	Wednesday
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	Basketball practice
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	