



FRESHMAN SURVIVAL STUDY BUDGET 2007



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Noon							
1:00pm							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Midnight							
1:00am							
2:00							
3:00							
4:00							

There may be other students in your class with higher IQs, fatter bank accounts, wider travel experience, and better secondary school credentials than you have, but no one has more days in the week or hours in the day than you.

24/7 means equal opportunity for all...

Once you get your class schedule, fill in those blocks that correspond to class and lab time. That, of course, is time already taken; nothing you can do about it. Next, figure out how many blocks should be blackened out for sleep, meals, extracurriculars, and normal recreation. Then write the letter "S" into a sufficient number of the remaining blocks so that you will have set aside study time for each day beginning with Monday of the first full week of class. Now notice all the white space in the Saturday and Sunday columns and proceed to blacken out some weekend study hours so that they will be "taken," so to speak, and not available for frisbee, TV-watching, hanging out or roaming off the reservation in response to impulse, invitation, or unanticipated opportunities that would pull you away from the books. Once your study budget is complete, take it to a duplicating machine and run off a few copies—one for the folks at home, one for the wall by your desk, and one for a good friend who cares enough about you to introduce you to your better self whenever you deviate from plan. That's what a study budget is—a plan for academic success. The design-and-build responsibilities are all yours. And so are the good results.

By William J. Byron, S.J.