|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Days** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Morning** |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |

**Weekly Schedule**

It is often helpful to have a schedule to ensure that your time is being used effectively and you are scheduling time for study and revision as well as enjoyment, socialising and self-care. Feeling organised and effective often reduces our sense of anxiety.