



JUMPSTART
SKILLS LABS FOR
SUCCESS



University
of Windsor

Student Success and
Leadership Centre

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
7-8AM							
8-9AM							
9-10AM							
10-11AM							
11AM-12PM							
12-1PM							
1-2PM							
2-3PM							
3-4PM							
4-5PM							
5-6PM							
6-7PM							
7-8PM							
8-9PM							
9-10PM							
10-11PM							

How To:

- Fill in your class schedule (lectures and labs)
- Add your personal commitments (job, sports, etc.)
- Add 3 daily meal breaks at your preferred time
- Add 3-4 weekly movement breaks
- For every hour of lecture, add 2 hours of study/review/assignment work time
- Add in 5-10 hours of leisure time/personal reward time
- Schedule your scheduling!