

## **Instructions for using the Student Schedule**

Most of you know that I ask my students to practice the length of their lesson every day. I often hear the excuses, “I had homework, or “I didn't have time.” This schedule is designed to help you organize and plan your time. This is a tool for you to begin to learn time management skills and to give a visual representation of how much time you may actually have available for homework, practice and relaxation. I was lucky to have a teacher in high school that did this for me and it made a huge difference in my ability to plan and have realistic expectations of myself. My school grades went up and I actually found time to practice more. In addition to finding some “lost” time, it will help you learn to not over commit to extra activities.

Follow the instructions below to fill out the schedule. Feel free to use colored pencils or markers to designate certain activities. Bring your schedule to your next lesson so we can go over it and make sure you haven't left anything out.

1. Place all your activities on the schedule from the time you leave school until the time you go to bed.
2. Schedule your meals and snacks
3. Schedule your homework time
4. Schedule your practice time
5. Schedule your bed time
6. Schedule your free time (no homework, sports, or practice in here)
7. Don't forget after school extra curricular activities.

**Print as many copies as you want. Your schedule will change!**