

WESTERN SYDNEY UNIVERSITY



Weekly planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7am							
7 - 8am							
8 - 9am							
9 - 10am							
10 - 11am							
11 - 12pm							
12 - 1pm							
1 - 2pm							
2 - 3pm							
3 - 4pm							
4 - 5pm							
5 - 6pm							
6 - 7pm							
7 - 8pm							
8 - 9pm							
9 - 10pm							



How to fill in your planner

1. Fill in your planner with everything you do during the week. Make sure you include your timetabled classes, study, work and leisure or recreation. It's also helpful to include time for meals, travel time to uni or work and even your domestic chores.
2. You may find it helpful to use a colour code for different activities. That way you can tell what's happening when at a quick glance.
3. Once you've filled it in, have a look at your week to see if you've got a good balance of activities. A good balance between uni, work and leisure or recreation is important. If your week isn't well balanced, move some things around.
4. Working out how much study is right can be hard. Usually one to two hours of study per hour of class time is good. This will be different depending on how many class hours you have, how heavy the workload for each unit is and the time of session.

Need another planner? You can download one from westernsydney.edu.au/counselling or drop in to one of our offices (see details below).

More help is available

Western Sydney University has a Counselling Service, Disability Service and Welfare Service that is free to all students. These services are here to help you with your studies and university experience. Every consultation and the information you provide is private and confidential. Information is not forwarded to any other section or department within or outside the University, unless you give your permission or unless there is a risk of personal harm.

You can contact either service or make an appointment with a Counsellor or Disability Advisor or Welfare Officer in the following ways:

Email

counselling@westernsydney.edu.au or disability@westernsydney.edu.au or welfareservice@westernsydney.edu.au

Phone

1 300 668 370 (all services)

Drop in

Bankstown campus - Bldg 11
Campbelltown campus - Bldg 16
Hawkesbury campus - Bldg K4
Liverpool City campus-Ground Floor
Parramatta City campus - Level 1
Parramatta (South) campus - Bldg EB 3.04
Penrith campus - Bldg P.1.04
Nirimba campus - U8

More information about the Counselling Service is available at westernsydney.edu.au/counselling

More information about the Disability Service is available at westernsydney.edu.au/disability

More information about the Welfare Service is available at westernsydney.edu.au/welfare

