

PDS 001 – Assignment #1 – 10% - Name = \_\_\_\_\_ - Section = \_\_\_\_\_

**Instructions:** This assignment requires you to schedule your time for a full week. You need to add the various elements in your life: home study, family commitments, personal activities & hobbies, any official appointments and so on. Try to make your week 'balanced' i.e., time for the mind, body, spirit and social side of your self. On the other side, plan your life for the coming month: holidays, weekends, travel, appointments, quizzes, exams, assignment deadlines, weddings etc.

time	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
4-5pm							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							

**Weekends:**

Time:	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm
Thursday:							
Friday:							

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**Teacher** – print off a copy of a calendar month from Outlook for students to complete in detail & paste here. It should include: exam dates & times, deadlines for PDS, other PSU-related deadlines, doctor/dentist appointments, personal arrangements, e.g., travel at the weekend, weddings etc. Students are not required to fill every day.