

Sample Schedule #1
Monday – Friday (Morning Core)

Time	Activity	Notes
7:00 AM	Wake Up	
8:00 AM	BREAKFAST	
9:00 AM – 12:00 PM	Attend class (core Course)	3 credit class
12:00 – 1:00 PM	LUNCH	
1:00 – 4:00 PM		Includes the following: Scheduled Study Group with Academic Mentor, Attend class -INS189 (1 credit class), work on class assignments, EOP Counselor Meeting
4:00 – 5:00 PM	Open Hour for coursework follow up	
5:00 PM	DINNER	
6:30 – 8:00 PM	Workshops/Activities	Programming activities (optional) and EOP Workshops
8:00 – 10 PM	Free Time	Finalize any outstanding assignment for next day, Social Time, etc.
10:00 PM	Curfew	S-Th (10 PM) F/Sat (11PM)

Sample Schedule #2
Monday – Friday (Afternoon Core)

Time	Activity	Notes
7:00 AM	Wake Up	
8:00 AM	BREAKFAST	
9:00 AM – 12:00 PM		Includes the following: Scheduled Study Group with Academic Mentor, Attend class -INS189 (1 credit class), work on class assignments, EOP Counselor Meeting
12:00 – 1:00 PM	LUNCH	
1:00 – 4:00 PM	Attend class (core Course)	3 credit class
4:00 – 5:00 PM	Open Hour for coursework follow up	
5:00 PM	DINNER	
6:30 – 8:00 PM	Workshops/Activities	Programming activities (optional) and EOP Workshops
8:00 – 10:00 PM	Free Time	Finalize any outstanding assignment for next day, Social Time, etc.
10:00 PM	Curfew	S-Th (10 PM) F/Sat (11PM)