

A typical week at university

The following first year university timetable and accompanying notes were written by a current student studying **Biological Sciences at Heriot Watt University** in Edinburgh. They are intended to provide school pupils with a realistic picture of what a typical week at university is like for a first year student studying this subject at this particular university. It's worth remembering that every university student will have a different first year timetable depending on their degree subject, university and student lifestyle.

- **Classes and Tutorials:** Tutorials are problem solving classes with worksheets. Attendance is taken so classes are mandatory.
- **Labs:** Are also mandatory as attendance is taken as health and safety briefings are carried out.
- **Studying with groups of friends:** Is helpful and strongly encouraged. As the years progress further collaborative projects are mandatory although they won't be with your friends.
- **Knowing the lecture material:** I would recommend knowing the lecture material before you go into class so you can ask questions. It's not the same level of face-to-face time as you get in school. You are expected to seek clarification. The lecturer will not come to you to check you have understood everything in the lecture.
- **Know the facilities:** And use the resources available but find a place that works for you to study.
- **Sports and Societies:** It's a good idea to become involved in societies and sports but don't overwhelm yourself with too much! Have 'you-time'
- **Travel:** Where you live is very important as this takes up time if you live off campus (travelling by bus/train/car).
- **Part time work:** It's totally manageable to work part-time while you are a student. Many student jobs involve weekend or evening work so be prepared to squeeze your socialising in around your job/study commitments.

University: Heriot-Watt
Course: Biological Sciences
Year: First

A typical student week...



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9.00	Travel	Travel	Travel	Travel	Travel	Cycling	Sleep
9-10.00	Study Prep for week	Practical Skills (Class)	Practical Skills (Lab)		Intro Bio (Class)	Cycling	Sleep
10-11.00	Study	Study Skills For Sciences	Practical Skills (Lab)	Study	Math's For Stats (Class)	Cycling	Sleep
11-12.00	Study	Travel	Intro Bio (Class)	Study	Math's For stats (Class)	Cycling	Sleep
12-13.00	Study		Sport	Study Group		Cycling	Sleep
13-14.00	Study	Socializing	Sport	Study Group			Shopping
14-15.00	Study Group	Socializing	Sport				Socializing Me time
15-16.00	Study Group	Socializing	Sport	Practical Skills (Lab)	Travel	Sleep	Socializing Me time
16-17.00	Intro Bio (Tutorial)		Sport	Practical Skills (Lab)	Socializing Society's	Sleep	Socializing Me time
17-18.00	Training	Cycling	Travel	Practical Skills (Lab)	Socializing Society's	Prep for work	Socializing Me time
18-19.00	Training	Cycling	Dinner	Travel	Socializing Society's	Travel	Dinner, Tidy House
19-20.00	Travel			Dinner, Tidy House	Socializing Society's	Work	Cycling
20-21.00	Dinner, Tidy House			Cycling	Socializing Society's	Work	Cycling
21-22.00						Work (til 11)	