

A typical week at university

The following first year university timetable and accompanying notes were written by a current student studying **Education Studies (Primary)** at **Queen Margaret 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.

- Each week, I spend 12 hours minimum focusing on the academic side of university. This includes lectures, seminars, reading and activities. Naturally as the semester progresses the time spent on university work increases. I try to keep work for classes spread out across the weekdays and try to keep my weekends clear of academic work unless absolutely necessary.
- It is important for me to make sure I exercise through the day. This is time to focus on my physical and mental well-being. This has been crucial for me and has helped me to get out of the house during Covid-19.
- Having set times to eat through the day helps to keep my day structured. Despite this, changes to my structure do occur but I am happy to work around this.
- I try to keep the house tidy by putting aside 15-20 minutes a day for a quick tidy as well as a 2 hour deep clean on a Friday. I set aside one hour a week to go to the food shops.
- Socialising has been very important to me throughout my first year. Keeping in contact with people regularly has helped to keep me grounded in the run up to assignments.
- I work 18 hours a week to help sustain myself. Additionally, I receive a student loan which helps contribute to my expenses such as mortgage, bills, etc.
- Despite the clear structure of my timetable, not every week is the same. Sometimes I have more to do which can impact on other areas of my timetable. This is usually okay as there are spare hours each day. Similarly, some things don't take as much time as previously thought which can leave you with free time.

University: Queen Margaret University
Course: Education Studies (Primary)
Year: First

A typical student week...



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
8-9.00	Breakfast/TV	Breakfast/TV	Breakfast/TV	Breakfast/TV	Breakfast/TV	Breakfast/ TV	Breakfast/TV
9- 10.00	Cycle/Walk	Psychology Seminar	Psychology Lecture	Cycle/Walk			
10-11.00	Ed Studies Seminar	Facetime with dad	Cycle/Walk	Ed Studies reading	D.A.FL Reading	Visit Nana	Food shop
11-12noon				Ed studies prep	D.A.FL Prep	Visit Nana	
12-13.00	D.A.FL Lecture	Ed Studies Lecture	DAFL Seminar		Clean House		Out with friends
13-14.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Out with friends/lunch
14-15.00	Psychology Reading	Cycle/Walk		Coffee with mum	Clean House		
15-16.00	Psychology prep	Coffee with Uni Friends		Coffee with mum		Quick Tidy	
16-17.00				Work	Work	Work	
17-18.00				Work	Work	Work	
18-19.00	Dinner	Dinner	Dinner/Date night	Work/Dinner	Work/Dinner	Work/Dinner	Dinner/Date night
19-20.00	Walk with sister			Work	Work	Work	
20-21.00	Quick tidy	Quick tidy	Quick tidy	Work	Work	Work	Quick tidy
21-22.00				Work	Work	Work	