

# A typical week at university

The following first year university timetable and accompanying notes were written by a current student studying **Paramedic Science at Queen Margaret University** in Edinburgh. They are intended to provide school pupils with a realistic picture of a typical week in first year studying this subject at this particular university. The first timetable shown below is a typical week when the student is based at university and the second timetable details a typical week when the student is on placement. It's worth remembering that every university student will have a different first year timetable depending on their degree subject, university and student lifestyle.

## My timetable while studying at university:

- I would usually try to spend time preparing for a lecture or seminar by doing any preparatory work or recommended reading the day before the class, which meant I got a lot more out of the sessions.
- After a class I would quickly go through my work and tidy it up and make sure it was understandable if I came back to it.
- I also had assignments/exams during the year so I've always had something to work on or revise for, rather than a big stress at the end of the year.
- Planning things to do for my own enjoyment became quite important because it could be quite easy to just stay in my bedroom and work on my laptop because of the lockdown, so I would make sure I planned things to do.
- On a day when I didn't have very much planned (on the week I have made the timetable for it was Friday) I would make time to go through my emails and messages to make sure I was on top of everything, because it can be very easy to forget about something. I would then make a vague plan for the week and a 'To Do' list.
- My timetable changes a lot between semesters when you finish modules and start new ones, but usually the planned classes stay the same week to week within a semester.
- My timetable has been affected a lot by Covid. I've had less placement than was originally planned because of Covid.
- More of my planned classes and sessions were online than was originally planned because of Covid, which meant I have had less travelling time back and forwards from uni.
- I have also seen a lot less of my family than I wanted to and didn't spend very much time socialising other than walks with friends, so in a normal year I think my week would've been busier and time management would have been a bit more difficult.

**University:** Queen Margaret University  
**Course:** Paramedic Science  
**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>
<b>8-9.00</b>	Shower and breakfast	Shower and breakfast	Shower and breakfast	Shower and breakfast	Shower and breakfast	Shower and breakfast	Shower and breakfast
<b>9-10.00</b>	Online seminar (Developing resilience)	Preparing for the group work meeting	Sea swim with the swimming club	Travelling to uni	Working on assignments	Going grocery shopping	Go for a walk
<b>10-11.00</b>	Finishing seminar notes			On campus practical skills	Walk with a friend	Cleaning the flat and laundry	Working on assignments
<b>11-12.00</b>							
<b>12-13.00</b>	Making and eating lunch	Making and eating lunch	Making and eating lunch		Making and eating lunch	Making and eating lunch	Making and eating lunch
<b>13-14.00</b>	Preparing for Tuesday's group work		Working on assignments		Catching up with emails, projects etc.	Walk with a friend	Preparing for Monday's seminar
<b>14-15.00</b>	Working on assignments			Eating lunch with friends			
<b>15-16.00</b>			Walk with a friend	Study in the library			
<b>16-17.00</b>	Rugby training	Online seminar (Preparation for placement)	Preparing for Thursday's practical	Travelling home		Working on assignments	
<b>17-18.00</b>		Finishing seminar notes					
<b>18-19.00</b>	Make and eat tea, video call family	Online teams group work meeting (Developing resilience)	Make and eat tea, video call family	Make and eat tea, video call family	Make and eat tea, video call family	Make and eat tea, video call family	Make and eat tea, video call family

# A typical week at university

## My timetable while on placement:

- This timetable is probably the most intense week I have had, I normally had 3 or 4 shifts a week and they would usually all be either nights or days, but I have had it where you go from days to night or vice versa in one week.
- When you are working long shifts for a few days in a row there is no way you will have the energy to go shopping or cook anything special, so I always left the day before completely free to get myself, my flat and my fridge ready. You also can't expect too much of yourself and it's important not to become drained, so make sure you have as much time as possible to relax and sleep. Don't put too much pressure on yourself with other commitments if you can help it.
- Sleep becomes really important and you just have to sleep whenever you can. Before your first nightshift it can be really difficult to get to sleep, I usually get up as normal in the morning and do exercise or go for a long walk to tire myself out a bit, then eat a big lunch and have a shower to make me sleepy enough for a nap.
- I had to work on my portfolio as I went along to evidence the skills I was practicing on placement. It was important that I did this as I went along rather than leave it to the end of placement, because it ends up being a big piece of work and it's good to have things fresh in your memory to be able to write about it well. It is possible that you will have a few course modules running alongside placement.

**University:** Queen Margaret University  
**Course:** Paramedic Science  
**Year:** First (during placement)

## A typical student week...



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>		
<b>8-9.00</b>	Get ready for placement: wash uniform, go grocery shopping, batch cook food, pack my bag, check my emails, clean my flat etc.	<b>6:30AM-18:30PM Scottish Ambulance Service placement day shift</b>	Get up early and go for a walk	After eating, sleep for as long as possible	After eating, sleep for as long as possible	Have a nap	Get ready for next week's shifts and work on any assignments		
<b>9-10.00</b>			Make and eat a big lunch						
<b>10-11.00</b>									
<b>11-12.00</b>									
<b>12-13.00</b>			Shower and go for a nap			Eat a big breakfast and make a packed lunch		Eat a big breakfast and make a packed lunch	Make and eat lunch
<b>13-14.00</b>									Meet a friend for a walk
<b>14-15.00</b>									Go grocery shopping
<b>15-16.00</b>			Travel to the station			Travel to the station		Travel to the station	Work on my portfolio
<b>16-17.00</b>									
<b>17-18.00</b>									
<b>18-19.00</b>	Relax – watch telly or something	Travel home	<b>18:30PM-6:30AM Scottish Ambulance Service placement night shift</b>	<b>18:30PM-6:30AM Scottish Ambulance Service placement night shift</b>	<b>18:30PM-6:30AM Scottish Ambulance Service placement night shift</b>	Make tea and video call home			
<b>19-20.00</b>		Eat tea and video call home							
<b>20-21.00</b>	Go to bed early								
<b>21-22.00</b>									