Full time study means understanding how much time you have - lets break it down 168 hours in the week

- 36 to study
- 5 to travel to and from uni
- 5 to get ready for study
- 56 sleep
- 12 eating
- 10 with friends
- **5** on grooming and hygiene
- 4 exercise
- 4 occasional chores
- 14 relaxation



... leaves 17 hours for paid work (including travel time)