

A WEEK IN THE LIFE: BA MIDDLE EASTERN STUDIES

This sample timetable shows what a typical week might look like for a BA Middle Eastern Studies student, giving you a feel for how contact hours, self-study, part-time work and social activities come together to fill your week. Please note, exact contact hours vary depending on the units you choose.

	Part-time work	Social/exercise	Formal study hours	Informal study hours	Societies		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-10						Part-time work	
10-12	Group study at the library	Yoga Society	Lecture		Self-study		
12-14	Yoga, gym and Matcha	Academic office hours	Seminar	Seminar	LEAP: Language course	Part-time work	
14-16	Self-study	Self-study	Film Society	Careers Service drop-in	Matcha break		
16-18		Lecture			Self-study		Self-study
18-20				Seminar	Seminar		
20-22		Baking with flatmates		Part-time work			Bake cookies and watch a film with flatmates