

A WEEK IN THE LIFE: BA HISTORY

This sample timetable shows what a typical week might look like for a BA History 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
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-10							
10-12		Volunteering at a local charity	Volunteering at a local charity	Lecture	Grab a coffee		Badminton with friends
12-14	Self-study	Academic office hours		Careers Service drop-in	Seminar	Self-study	
14-16	Late lunch and catch up with my family		Self-study	Lecture	Lecture		
16-18	Group study			Tennis Society	Self-study	Baking with friends	
	Lecture				Seminar		
18-20			Movie night		Night out in town		
20-22		Tennis Society					