### Counselling
#### A Week in the Life

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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</table>
| **Monday** | 7-8am - Prepare for the day  
8am-6pm - Work  
6-7pm - Dinner  
7-10pm - Home-based work  
10-11pm - Unwind, switch off and bed |
| **Tuesday** | 7-8am - Prepare for the day  
8am-6pm - Work  
6-7pm - Dinner  
7-10pm - Group therapy  
10-11pm - Unwind, switch off and bed |
| **Wednesday** | 7-8am - Prepare for the day  
8am-6pm - Work  
6-7pm - Dinner  
7-10pm - Supervision  
10-11pm - Unwind, switch off and bed |
| **Thursday** | 7-8am - Prepare for the day  
8am-10am - Travel to Uni  
10am-6pm - University  
6-7pm - Travel home  
7-8pm - Rest and relax  
10-11pm - Unwind, switch off and bed |
| **Friday** | 7-8am - Prepare for the day  
8am-3pm - Travel and placement  
3-6pm - Home-based work  
6-10pm - Eat and relax  
10-11pm - Unwind, switch off and bed |
| **Saturday** | 8am-12pm - Home-base work  
12-4pm - House-chores/activities  
10-11pm - Unwind, switch off and bed |
| **Sunday** | 9am-11am - Home-base work  
10am-11pm - House-chores/activities |