

Counselling A Week in the Life



LIFELONG LEARNING

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