|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** | **Samedi** | **Dimanche** |
| 7h |  |  |  |  |  |  |  |
| 8h |  |  |  |  |  |  |  |
| 9h |  |  |  |  |  |  |  |
| 10h |  |  |  |  |  |  |  |
| 11h |  |  |  |  |  |  |  |
| 12h |  |  |  |  |  |  |  |
| 13h |  |  |  |  |  |  |  |
| 14h |  |  |  |  |  |  |  |
| 15h |  |  |  |  |  |  |  |
| 16h |  |  |  |  |  |  |  |
| 17h |  |  |  |  |  |  |  |
| 18h |  |  |  |  |  |  |  |
| 19h |  |  |  |  |  |  |  |
| 20h |  |  |  |  |  |  |  |
| 21h |  |  |  |  |  |  |  |
| 22h |  |  |  |  |  |  |  |

Extrait du livre Apprendre à étudier : Guide à l’usage des étudiants en science et en ingénierie (2017), par ’TORMEY, Roland et HARDEBOLLE, Cécile.