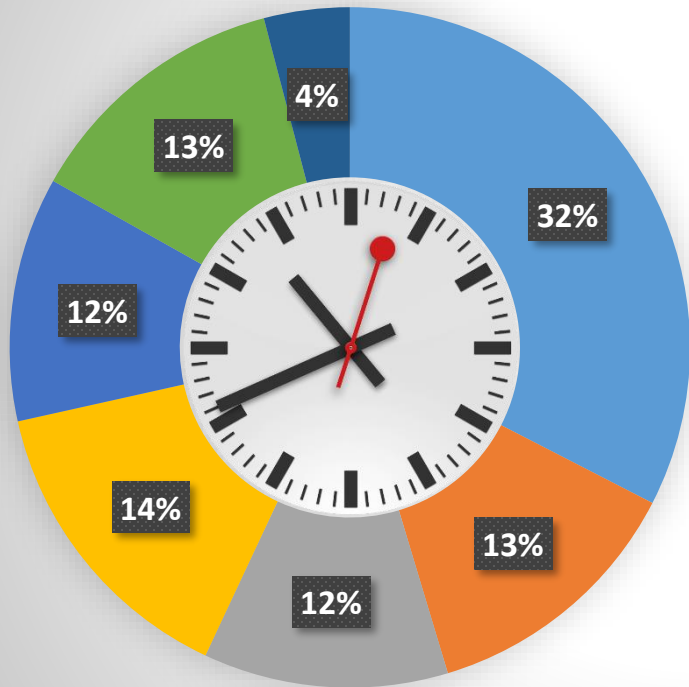


Horaire équilibré: Collège - Université Éducation professionnelle

Voici à quoi pourrait ressembler ta semaine, en moyenne

168 heures par semaine



- Sommeil (56 hres)
- Repas - Soins (22 hres)
- Travail (15 - 20 hres)
- École (25 hres)
- Études - Travaux scolaires (20 hres)
- Loisirs - Vie sociale et familiale (22 hres)
- Transport (7 hres)

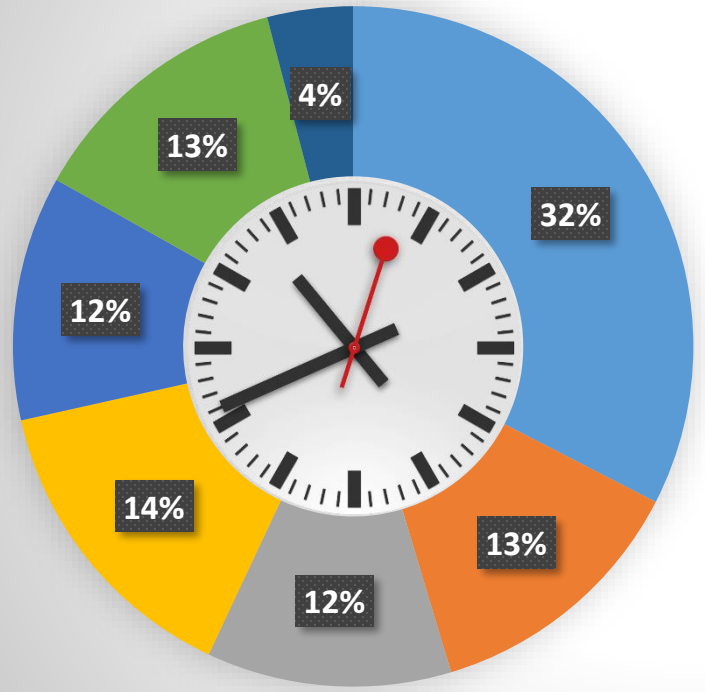


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Balanced Schedule: College - University Professional Education

Your schedule could look like this, on average

168 hours per week



- Rest (56 hrs)
- Meals - Selfcare (22 hrs)
- Work (15 - 20 hrs)
- School (25 hrs)
- School work and projects (20 hrs)
- Entertainment - Social and Family time (22 hrs)
- Transport - Commute (7 hrs)



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