

## Typical Weekday Schedule (Spring Program)

**07:15 a.m. – 08:00 a.m.**      **Breakfast**  
**08:35 a.m. – 11:40 a.m.**      **French class**  
**11:40 a.m. – 12:50 p.m.**      **Lunch**

### Monday and Friday

12:50 p.m. – 02:50 p.m.      Workshops  
 02:50 p.m. – 05:15 p.m.      Free time  
 04:00 p.m. – 05:00 p.m.      *Young Canada Works* (Monday only - optional)

### Tuesday and Thursday

12:50 p.m. – 02:50 p.m.      Classroom management course  
 03:00 p.m. – 4:30 p.m.      Remedial tutoring services  
 04:30 p.m. – 05:15 p.m.      Study / Free time

### Wednesday

12:50 p.m. – 03:45 p.m.      Education research project OR Observation in class OR Creation and animation of activities for students  
 04:00 p.m. – 05:00 p.m.      Seminar in education

**05:15 p.m. – 06:15 p.m.**      **Dinner**

### Monday, Wednesday and Friday

06:15 p.m. – 08:15 p.m.      Study or Free time  
 08:15 p.m. – 10:15 p.m.      Social & cultural activities  
 10:15 p.m. – ...      Study / Free time

### Tuesday and Thursday

06:15 p.m. – 07:00 p.m.      Study / Free time  
 07:00 p.m. – 08:00 p.m.      Sports / Study / Free time  
 08:00 p.m. – ...      Study / Free time

**11:00 p.m. – 07:00 a.m.**      **Curfew (Please respect the quiet time in the residence)**

*This schedule may be subject to change.*