Where Does The Time Go?

Self-Assessment Exercise:

Estimate the number of hours you spend on each task:

Number of hours of sleep each night ____ x 7 = ____

Number of hours spent grooming each day ____ x 7 = ____

Number of hours for meals/snacks
(including preparation/clean-up time) ____ x 7 = ____

Travel time to and from campus ___ x ___ = ____

Number of hours per week for regular activities
(volunteer work, intramurals, church, clubs, etc.) = ____

Number of hours per day of errands, etc. ____ x 7 = ____

Number of hours of work per week = ____

Number of hours of class per week = ____

Number of hours per week with friends,
social parties, going out, etc. = ____
Number of hours of TV and computer ____ x 7 = ____

Total = ____

168.0 hours in a week

= ______ hours of activities

= ______ hours to study

These estimations allow you to calculate the approximate amount of time you have to study during the week. Is there enough? This is your time to look at how you might reorganize your time to allow for more/less study time during the week.