

WHERE DO THE HOURS GO?

Every day has 24 hours, every week has 7 days. Though this is so mundane and simple, many of us feel that there should be more hours in the week so that we could finish all the different things that we set out to finish. But there are only so many hours in the week, so many and NONE more. What we need to do, then, is not wish that we had more (which many of us do) but see what we are doing with the hours that we already have.

Let's do this by seeing how many different things we do with the hours that are available to us and for how long we do these things. There are certain things that we HAVE to do. We have to sleep, eat, relax, etc. Since students have the different academic responsibilities, different levels of contact with material, i.e., classroom, specific homework assignments, studying, etc. are necessary to facilitate academic success. So without further delay, let's see where all the hours go?

NUMBER OF HOURS AVAILABLE IN THE WEEK	_____
Average hours of sleep per night (x7)	_____
Average time spent eating (breakfast, lunch, dinner)	_____
Average travel time to work and school	_____
Average time on personal care	_____
Average time in class per week	_____
Average recreational time (exercise, relationships, etc.)	_____
Average work time	_____
Average time spent with family	_____
Average time on other activities (clubs, etc.)	_____
Other things not mentioned (per week)	_____
<u>Computation:</u> Number of available hours per week	_____
Time commitments (not including studying)	_____
The scary difference	_____

The scary difference represents the amount of available hours a week left that are used for studying.

Remember the academic formula: for every credit hour, two hours of studying is suggested. For science classes and other more complex courses you may need to study three hours for every credit hour.

Your study goal per week _____ hrs.