WHERE DOES THE TIME GO?

Self-Assessment

To complete the assessment, estimate the number of hours you spend on each of the following tasks:

- Number of hours of sleep each night: ___ x 7 = ___
- Number of hours spent grooming each day: ___ x 7___ = ___
- Number of hours for meals/snacks and meal prep: ___ x 7 ___ = ___
- Travel time to/from campus ___x___ = ___
- Number of hours per week for regular obligations (volunteer work, clubs, church, athletics, etc) = ___
- Number of hours per week for errands, etc. = ___
- Number of hours of work per week = ___
- Number of hours in class per week = ___
- Number of hours per week for friends, going out, etc. = ___
- Number of hours watching TV and/or entertainment ___x 7 = ___

TOTAL: ___

**Remember, there are 168.0 hours in a week

Now, take that number to calculate the amount of hours you could possibly have to study:

168-TOTAL = _____

After doing this exercise, evaluate how you are using your time. Is there enough time to study compared to everything else you have going on? We recommend students set aside time to study based on doubling the amount of credit hours they are attempting. For instance, if you are taking a 15 credit hour load, expect to study about 30 hours per week outside of class. If you are unable to accommodate adequate study time, it is time to re-evaluate how you are using your time.