

WHERE DOES THE TIME GO???

Does it feel as though there aren't enough hours a week to get everything done? It may be due to not managing your time as efficiently as possible. To find out where you spend your time each week, answer the questions below. (Be as honest with yourself as you can!) After all questions are answered, you'll be able to see how much time you are truly giving yourself for studying.

ACTIVITY	# OF HOURS PER DAY	# OF DAYS PER WEEK	# OF HOURS PER WEEK
Sleeping (including at night and naps)			
Getting ready each morning (showering, etc.)			
Eating (including preparation and clean-up)			
Commuting (to and from campus, class, work)			
In Class (lecture, lab, discussion, count it all!)			
Work (work study, off-campus jobs, internships)			
Errands (shopping, doctor's appointments, etc.)			
Co-Curricular Activities (athletics, student orgs, etc.)			
Study Hours (at the library and elsewhere)			
Time with Friends (going out, hanging out, etc.)			
Other weekly non-studying activities			
TOTAL			

There are 168 hours in a week. Subtract your total hours from 168. How many hours are left?

If you spend 2 hours per credit outside of class, do you have enough time in your week? If not, where can you make adjustments?