

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) _____

Computation: 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.