TIME & ACADEMIC DEMANDS SCHEDULE

AVAILABLE TIME - PER WEEK

In a seven day period you have ..... **168 hrs**
Subtracting 7 hours/day for sleeping,
1 1/2 hours/day for eating, and
1/ 1/2 hours/day personal grooming.
(10 hours/day x 7 days) ..... **— 70 hrs**

TOTAL AVAILABLE TIME: ..... 98 hrs

Notes:

NECESSITIES - PER WEEK

Exercise _____ hours
Working _____ hours
Travel to and from work _____ hours
Travel to and from school _____ hours
Housekeeping chores _____ hours
Family Obligations _____ hours
Church/Community Service _____ hours
Relaxation and Leisure _____ hours
Other demands and obligations _____ hours

TOTAL TIME FOR NECESSITIES = _____ HRS

Available time before necessities 98 hours
Subtracting time for necessities _____ hours
Total available time for academic demands & extracurricular activities [ ] **#1**

list your courses here

ACADEMIC DEMANDS time per week for:					
1. Attending class					
2. Reading assignments					
3. Written assignments					
4. Problems					
5. Laboratory work					
6. Meeting with instructors					
7. Library research					
8. Review lecture notes					
9. Test preparation					
10. General study & reflection					
11. Study with other students					
12. Use of support services					
13. Other					
TOTAL TIME PER CLASS					

Total Time Needed To Meet Academic Demands [ ] **#2**

Enter available time from Box #1 above
Subtract time from Box #2
Remaining time for extracurricular activities [ ]