

Time Analysis Exercise

Write down the number of hours you typically spend on the activities below. Then, calculate your total. There are 168 hours in a week. Do you have a big enough buffer for the unexpected?

Activity	Total hours per week (on average)
Sleep	_____ hours per night X 7 days per week =
Preparing and eating meals	
Classes	
Studying	Rule of thumb: budget 2 hrs of studying* for each hr you are in class. E.g. 3 classes/week = 9 hours in class. $9 \times 2 = 18$. You need 18 hours of study time (outside of class) per week.
Work	
Transportation	
Exercise	
Friends	
Family	
Chores	
Hygiene (showering, etc.)	
Other (hobbies, etc.)	
Total:	

*Studying includes: reading your textbooks, preparing for class, reviewing class notes, working on assignments, studying for tests...

Book an appointment with a Writing and Learning Strategist to discuss your findings. We can help you pinpoint where changes may be needed.