

Balancing Your Life and Your Commitments

Handling the multiple demands and opportunities of college life is challenging. Many factors will need to be taken into consideration. For one thing, there is no one standing over you to make certain that you do everything on time; however, that is also what makes the college experience such a good opportunity. Below are guides designed to help you make a realistic assessment of the time you spend in class – *and* outside the classroom. You need to figure that, as a general rule, for each hour you spend in class, two additional hours should be devoted to studying and learning.

Survival Assessment

ROUTINE ACTIVITIES	Weekdays	Weekends	Total
How many hours do you sleep at night?	_____ x 5	_____ x 2	_____
How many hours do you work?	_____ x 5	_____ x 2	_____
How many hours do you spend on meals?	_____ x 5	_____ x 2	_____
How many hours do you spend on exercise?	_____ x 5	_____ x 2	_____
How many hours do you spend socializing or with family?	_____ x 5	_____ x 2	_____
How many hours do you spend on hobbies or sports?	_____ x 5	_____ x 2	_____
How many hours do you spend watching TV?	_____ x 5	_____ x 2	_____
How many hours do you spend on cleaning or laundry, etc.	_____ x 5	_____ x 2	_____
How many hours do you spend getting to school, work, etc.	_____ x 5	_____ x 2	_____
	Total Hours per week in Routine Activities =		_____

COLLEGE ACTIVITIES

How many credits do you plan to take next semester? _____ = _____ Hours Class Time per week

How many hours of study time will you need for each course? _____ = _____ Hours per week Study Time

_____ Total # of College Hours

HOURS PER WEEK

Total hours of **Routine Activities** (above chart) _____

Total hours per week of **College Activities** (above chart) _____

TOTAL _____

Just a reminder. There are 168 hours in a week. How realistic is your plan? Do you need to make adjustments?