Personal Time Survey

1. Number of hours in class per week

2. Number of hours of work per week

3. Number of average hours per week socializing, gaming, on the internet (i.e. on Myspace, Facebook, etc.)

4. Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.)

5. Number of hours of sleep each night

6. Number of personal grooming hours per day

7. Number of hours for meals (including prep time) per day

8. Number of hours per day for chores, errands

9. Total travel time on weekdays

10. Total travel time for weekends

Now ADD up the TOTAL:

SUBTRACT the above number from 168 (total hours in a week) 

* The remaining hours are the hours you have allowed yourself to study.
Study Hour Formula

To determine how many hours you need to study each week to get A’s, use the following rule of thumb.

☐ Two hours per hour in class for a less challenging course
☐ Three hours per hour in class for an average class
☐ Four hours per hour in class for a challenging course

Figure out the time that you need to study by using the above formula for each course you are taking.

Easy class credit hours \[\text{_______} \times 2 = \text{______}\]
Average class credit hours \[\text{_______} \times 3 = \text{______}\]
Difficult class credit hours \[\text{_______} \times 4 = \text{______}\]
Total

Example:

5 classes @ 3 credits each = 15 hours in class per week--15hr/class X 3hr/study = 45 hours

Compare this number to your time left from the survey you completed on the front of the page...

Hrs/week remaining _____ minus Hrs/week optimum study time _____ = (______)

☐ Determine your priorities (attending class, homework, and test prep), adjust the hours you “spend” on each task to your preferences and re-work your survey.
☐ This formula is a general guideline. Try it for a week, and make adjustments as needed.

*A note to ease your anxieties: It is not only the QUANTITY of study time but it is also the QUALITY.