

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 _____ X 7 = _____/_____

6. Number of **personal grooming** hours per day _____ X 7 = _____/_____

7. Number of hours for **meals (including prep time)** per day _____ X 7 = _____/_____

8. Number of hours per day for **chores, errands** _____ X 7 = _____/_____

9. Total **travel** time on weekdays _____ X 5 = _____/_____

10. Total **travel** time for weekends _____ X 2 = _____/_____

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	_____ X 2= _____
Average class credit hours	_____ X 3= _____
Difficult class credit hours	_____ X 4= _____
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.**