

TIME MANAGEMENT

Where does the time go?

How much time do you think you spend each week (on average) doing the following things?

Activity	Number of hours/day		Number of hours/week
Sleep		x 7	
Personal care (grooming)		x 7	
Meals		x 7	
Travel (commuting/ between classes)		x 7	
Errands/ chores		x 7	
Lectures/Tutorials/Labs		x 7	
Part-Time Job		x 7	
Friends/socializing		x 7	
Extra-curriculars/hobbies		x 7	
Physical fitness activities		x 7	
Other: _____		x 7	
Other: _____		x 7	
Other: _____		x 7	
TOTAL			



Hours in a Week: 168

– Total hours of activities — _____

= **Hours available for studying** = _____