

168 Hours a Week

How much time do you have available?

We all have 168 hours in a week. Once you take care of your obligations, such as going to class, studying, eating meals, or going to your part-time job, is there going to be any time left over for enjoying yourself? Use the table below to figure it out.

Weekly Activities	Hours Per Week
Class Time <i>e.g. 15 hrs.</i>	
Personal study Time <i>e.g. 30hrs</i>	
Sleep <i>e.g. 7 hrs. per day = 49hrs</i>	
Meals <i>1hr.per meal = 21 per week for BLD</i>	
Part-time job <i>20hrs</i>	
Transportation time <i>e.g. 8.</i>	
Personal care (dressing, laundry, cleaning room, etc.) <i>8 hrs.</i>	
Other {5}	
Total Used Hours = 156	

Total hours unused per week = 168 - Total used hours

Free Hours per week = _____

Remember the rule of thumb: For every hour you spend in the classroom, you need at least 2 additional hours of study time outside the classroom. For example, if you are taking 15 credit hours this semester, you need 30 additional hours of personal study time. Personal study time is different from the time you spend on your homework and other assignments.