

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 = _____