

Time Management Math



There are only so many hours in a day – how do you use yours?

2 for 1 rule – For every one hour you spend in class, you need to spend two hours outside of class studying.

There are 168 hours in a week.

You have 15 credits of class.

You need to study 30 hours a week

You sleep 8 hours a day = 56 hours a week sleeping.

You eat for about 2 hours a day (30 minutes breakfast and lunch, 60 minutes dinner/snacks) = 14 hours.

How many hours do you work a week? _____

How many hours do you watch TV a week? _____

How many hours do you hang out with friends a week? _____

How many hours do you run errands, clean, do laundry, dishes, etc.? _____

What about clubs and organizations you belong to? _____

Add this all up and subtract from 168. Write your total here. _____

Is it a negative number? If so, I'm available for individual consultation! ☺

Seriously, what can change to make the number 0, or better yet, a positive number?