



Enter your information in the boxes.

	Number of Hours per Day	Number of Days per Week	Number of Hours per Week
On average, how many hours do you sleep in each 24 hour period (including naps)?	<input type="text" value="6"/>	<input type="text" value="7"/>	<input type="text" value="42"/>
On average, how many hours a day do you engage in grooming activities?	<input type="text" value="0"/>	<input type="text" value="7"/>	<input type="text" value="0"/>
On average, how many hours a day do you spend on meals – preparation, eating, and clean-up?	<input type="text" value="1"/>	<input type="text" value="7"/>	<input type="text" value="7"/>
How much time do you spend commuting to and from work and volunteer activities? Include the amount of time it takes to park and walk from your car or the bus stop. Include time spent driving others to their activities as well. Adjust "days per week" according to your schedule.	<input type="text" value="1"/>	<input type="text" value="5"/>	<input type="text" value="5"/>
On average, how many hours a day do you spend doing errands?	<input type="text" value="1"/>	<input type="text" value="7"/>	<input type="text" value="7"/>
On average, how many hours do you spend each week doing other activities (working out, team sports, church, etc.)?			<input type="text" value="20"/>
On average, how many hours a week do you work at a job?			<input type="text" value="60"/>
On average, how many hours a week do you spend caring for family members (children, parents etc.)?			<input type="text" value="10"/>
On average, how many hours a week do you spend with friends, going out, watching TV etc?			<input type="text" value="4"/>

How many credits are you taking this session?

12

ASU recommends that you allocate at least **72 hours a week** of study time for 12 credits.

This is the number of hours you are spending each week engaged in daily living activities and school activities.

167

This is the time remaining each week. There are 168 hours in a week. ASU recommends that for a 7.5 week course, students be prepared to spend 6 hours a week on coursework for every 1 course credit. So for a 3 credit course, you should expect to spend approximately 18 hours a week studying.

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If the number of hours you have left is NOT enough to cover the credits you are taking, you will need to adjust your time spent doing other activities.

Adapted from Where does time go?

(http://ucc.vt.edu/academic_support/study_skills_information/time_scheduling/where_does_time_go.html) © 2015 Virginia Polytechnic Institute and State University.