

Handout #1

Where does the time go during a typical college week?

Keeping in mind that a week consists of 168 hours, predict how much time a college student spends on common activities in a typical week.

Instructions

- In a small group of two-three students, discuss how much time a student probably spends on each activity.
- Add in any other activities that your group thinks are relevant in the blank areas.
- Record the amount of hours for each activity in the second column ("How many hours does a typical college student spend on each?").
- Once you have assigned hours to each activity add up the total number of hours and record the total in the last row.

Weekly activities	How many hours does a typical college student spend on each?
Sleep	56
Attend class	24
Study	34
Get ready	
Commute	
Work (part-time job)	
Grocery shop	
Prepare meals	
Eat	
Watch TV	
Socialize	
Surf the net	
Exercise, work out	
Talk on the phone or text	
Play video games	
Hang with friends, partners, family	
Laundry	
Attending Faith Services	
Participate in sports and clubs	
Other:	
Other:	
Other:	
Other:	
Other:	
TOTAL (max. 168 hours)	114

Adapted from: Van Blerkom, D. L. (2012). *College study skills: Becoming a strategic learner* (7th ed.). Boston, MA: Wadsworth.

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