168 Hours: How Your Week Breaks Down

1. Name: Jake Oh

Complete this chart to see how much time you spend on each category per week. Your total should add up to 168 hours (24 hours x 7 days). Be honest in your assessment of time devoted to each category – use your previous week as a guide.

|  |  |  |
| --- | --- | --- |
| CATEGORY | DAILY | WEEKLY |
| 1.a. SCHOOL: CLASS TIME (in class) | 4H | 17H |
| 1.b. SCHOOL: BETWEEN CLASS TIME (school-related work, studying, etc. done between classes) | 3H | 18H |
| 2. SLEEP (average) | 5H | 44H |
| 3. TRAVEL (to/from home-school-work) | 2H | 2H |
| 4. MEALS (preparing and eating) | 1H | 14H |
| 5. PAID WORK (average) | 4H | 16H |
| 6. PERSONAL ACTIVITIES (time w. family, friends; sports you play; time spent on phone/computer with others; personal grooming, other activities) | 1H | 16H |
| 7. ENTERTAINMENT (TV, movies, bars, etc.) | 0H | 4H |
| 8. HOME WORK (work you do at home to further your studies) | 4H | 30H |

1. 4 Questions
   1. How close did you get to accounting for the 168 hours? I did 161H
   2. Are you happy with the time allocations? No, Actually, I was not happy. I assigned much time on doing the home work and studying contents of lesson in a day. Because English is not my first language, I studied it again over again to understand it accurately.
   3. What do you want to do? What do you want to change? I have to change a time doing homework.
   4. Can you do anything? (Alternatively, can you live with the situation for a few months?) I do not have choice of it. Because of English, until I catch up all things in English, I have to reduce a more time of sleep and have to find more effective way to study it.
2. Reflect on how you feel about your use of time
   1. Do you procrastinate a lot? In the case of a studying lesson, understanding the lesson make me frustrated. I had to do again over again. As a result of this, many another plans were delayed.
   2. Do you plan how you use your time? Yes, I do. I have to try to understand the all contents during the class, so I can spend more time on studying other parts.
   3. Do you set deadlines for yourself? Yes, I set. But keeping deadlines are not easy for me.
   4. How are you wasting time? The day I was very tired, I slept regardless of my intention. Because of that, my plans were delayed, it causes wasting time.
   5. What is your number 1 priority? Understanding the lesson in class is most important thing for me.
   6. Other thoughts and comments. I am worrying about my situation. Can I pass it? I have to solve my present problem.