**“Where Does the Time Go?” Worksheet**

Self-Assessment Exercise:

Estimate the number of hours you spend on each task:

Number of hours of sleep each night \_\_\_\_ x 7 = \_\_\_\_

Number of hours spent grooming each day \_\_\_\_ x 7 = \_\_\_\_

Number of hours for meals/snacks

(including preparation/clean-up time) \_\_\_\_ x 7 = \_\_\_\_

Travel time to and from campus \_\_\_ x \_\_ = \_\_\_\_

Number of hours per week for regular activities

(Volunteer work, sports, intramurals, church, clubs, etc.) \_\_\_x\_\_\_\_=\_\_\_\_\_

Number of hours per day of errands, cleaning, cooking, etc. \_\_\_\_x 7 = \_\_\_\_

Number of hours of work per week \_\_\_x\_\_\_=\_\_\_\_

Number of hours with children \_\_\_\_ x 7= \_\_\_\_

Number of hours of class per week = \_\_\_\_

Number of hours per week with friends,

social parties, going out, etc. = \_\_\_\_

Number of hours of TV and computer, phone \_\_\_\_ x 7 = \_\_\_\_

Total = \_\_\_\_

168.0 hours in a week

- \_\_\_\_\_\_ hours of activities

= \_\_\_\_\_\_ hours to study

These estimations allow you to calculate the approximate amount of time you have to study during the week. Is there enough? This is your time to look at how you might reorganize your time to allow for more/less study time during the week.