

## TIME MANAGEMENT CHART

It is important to your health and well-being as a person to keep a healthy balance in your course load and other activities. It is vital to your success as a student that you be able to commit to putting the required time into each course so that you can perform at your very best. In order to assist you, we have placed symbols designating how much work each course requires, on average.

“Each ● equals 10 minutes of daily homework. Each ◐ equals 5 minutes.”

As you decide your course of study for next year, please complete this chart as a guide to help you select a healthy workload.

	<b>Possible Course (s)</b>	<b>Average Daily Homework Time</b>
English		
Math		
Science		
Social Studies		
World Language		
Elective (s)		
<b>Total Average Daily Homework:</b>		
Total Average Daily time spent on <b>After School Activities:</b> (sports, arts, SGA, clubs etc.)		
Total Average Daily time spent on <b>Work or Service Activities:</b> (part-time job, family business, charity volunteering, etc.)		
Total Average Daily time spent on <b>Chores and Family Activities:</b> (babysitting, pet care, meals, cleaning, laundry, errands, etc.)		
Total Average <b>Daily Sleep time:</b> (Research recommends 8-10 hours a night for adolescents)		
<b>GRAND TOTAL:</b> (add them all together – Don’t forget to include a 7 hours school day)		

Think about your Grand Total. Does this leave you any downtime? What happens when your classes get really busy, rather than “average”? Does the allotment of your time serve to make you well-rounded with the many varied interests that colleges are looking for, or are you too focused in one area?