

**Walter Johnson High School  
Course Selection and Planning Tool**

The purpose of this planning sheet is to help you balance your academic work load with your extra-curricular activities to help you organize your time more effectively next year.

Please consider that Honors and Advanced Placement courses will require more independent reading and work outside of class. Advanced Placement courses are considered college level courses and are extremely rigorous. We recommend that students have conversations with their counselors and parents regarding the amount of rigor in their schedules.

**Student's Name:** \_\_\_\_\_ **Student's ID:** \_\_\_\_\_

**Next year's grade level:** \_\_\_\_\_ **Counselor:** \_\_\_\_\_

Where do you see yourself in two years after you graduate from high school?

Please use the information on the Weekly Study Hours guide for WJHS. The courses in our school are listed with an estimated average weekly study hour requirement. Within the time frames indicated for each course, students will need to allocate time appropriately for long-term assignments such as essays or projects. Individual students may require varying amounts of time to complete daily assignments.  
[http://www.montgomeryschoolsmd.org/uploadedFiles/schools/wjhs/coursebook/study\\_hours.pdf](http://www.montgomeryschoolsmd.org/uploadedFiles/schools/wjhs/coursebook/study_hours.pdf)

**STEP 1:**  
 After you have reviewed the information on the study hours required by each course, complete the chart below.

<b>Course Requested:</b>	<b>Prerequisite Course taken w/ grades earned:</b>	<b>Weekly Study Hours (Course Requested):</b>	<b>Equivalent College Credits (AP Courses Only)*:</b>
<b>TOTALS</b>	<b>N/A</b>	_____ <b>Hours</b>	_____ <b>College Credits*</b>

\*Colleges vary in how they will award credit for AP courses. As a reference, [www.transfercredit.umd.edu](http://www.transfercredit.umd.edu) has information on how UMCP awards credits for AP courses.

Planning Sheet continues on back...

**STEP 2:**

Consider all of your responsibilities outside of your classes (sports, clubs, volunteering, jobs, and family obligations). Do you have a leadership role in any of your extracurricular activities and does that impact the amount of time you need to devote to the activity each week?

Complete the chart below:

**STEP 3:**

Determine if you have created a balanced schedule. Discuss the results with your counselor & family.

Extra-curricular	Hours per Week
<b>TOTAL</b>	_____
	<b>Hours</b>

	Number of Scheduled hrs/wk	Hours remaining
<b>24hr x 7 days = hours/wk</b>		<b>168 hours/wk</b>
<b>Sleep 8 hrs x 7 days/wk</b>	<b>-56 hrs</b>	<b>112 hrs remain</b>
<b>Time at school 8 hrs x 5 days/wk</b>	<b>-40 hrs</b>	<b>72 hrs remain</b>
<b>Hrs of HW &amp; Study/wk</b>	- _____	_____
<b>Hrs of extra-curricular activities/wk</b>	- _____	_____
<b>Hrs devoted to daily routines (eating, shower, etc.)</b>	- _____	_____
<b>Hrs devoted to rest and relaxation/wk</b>	- _____	_____
<b>Total Remaining Hrs/Wk</b>	<b>Is this schedule balanced?</b>	<b>Yes? No Why?</b>

Student's Signature/Date

Parent's Signature/Date