

168 Hours In One Week

How do you spend your time? On the grid below, identify how you currently spend your time. Do not write it how you think it SHOULD be. You will get the opportunity to do that later. Be transparent and be honest with how you spend your time, as you have known it to be. NEXT, review your current time situation. Are you the type of person who requires 6-8 hours of sleep? With your current course load, do you have enough time to read, write, and study based on the work listed on your syllabi? If you have a job, are you able to work your current number of hours, get enough sleep AND study time in? There are many things to consider.

Now, complete a new grid with how (in a perfect world) you will get all things done in your allotted 168 hour week. Be reasonable. If you show 15 minutes for lunch, what does that mean? Is 15 minutes enough time to walk to Spellmann, stand in line at Chick-fil-a, and eat your food? Make sure you include everything that needs to be included. Use your syllabi to write in times for class but also how much time you should block out for studying in each class.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
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