

What Do You Do with Your time?

Being a college student means attending classes, doing homework, and being involved in extracurricular activities. Balancing these responsibilities and many others can be challenging. After all, there are only seven days in a week, 168 hours. So, tell us where your time goes. How much time each week you spend on the following activities?

Activity	Time log
Attending classes (including travel time to class)	_____
Studying	_____
Eating	_____
Sleeping	_____
Exercising	_____
Relaxing with TV, video game, etc.	_____
Socializing (e-mail, phone, clubbing, partying, etc.)	_____
Surfing the web	_____
Club/ Sorority / fraternity commitment	_____
Going home (including commuting home)	_____
Working (including travel time)	_____
Other: _____	_____
TOTAL:	_____

Now determine the amount of free time you have each week. Subtract your total from 168 and divide it by 7: _____. That's the number of free hours you have each day.

Are you surprised at how you spend your time?

Do you think the way you manage your time has had an impact on your academic performance?

Do you think you need to rethink your weekly time commitments?

Rethinking Your Weekly Time Commitments

One of the best ways to successfully manage your time is by creating a realistic weekly schedule. Make a list of what you consider your fixed commitments and your flexible commitments. We are no longer talking about the time you spend on these activities, but what you consider more important to your well being and your sense of self. (You can use the list from the previous activity)

Fixed Commitments:

Example: sleeping 7 hours per night

Why did you include these activities here?

Flexible Commitments:

Example: Attend club meetings

Why did you include these activities here?

Are you surprised at the activities you tend to prioritize?

Once again, do you think the way you manage your time has had an impact on your academic performance? If so, how?

How do you plan to do to rethink your weekly time commitments? Why?
