



VIRTUAL COLLEGE READINESS WORKSHOP

STUDY TIME EXERCISE: "I'll Study in My Free Time" (Now when is that?)

This exercise reflects a common attitude among college students, namely that studying is what takes place after everything else gets done. If succeeding in college is top priority for you, then make sure that you're devoting adequate time to schoolwork outside the classroom. Most instructors expect you to study two to three hours outside of class for every hour spent in class.

Fill in the number of hours you spend doing each of the following, then multiply your answer by the number given (7 or 5 to figure weekly amounts) where appropriate.

Number of hours per day:

Item	Fill in for yourself	Times 7 or 5	Response
Sleeping			
Personal grooming (e.g., showering, shaving, putting on makeup, etc.)			
Eating (meals and snacks; include preparation time, etc.)			
Commuting during the week (to work or school)			
Doing errands and chores			
Spending time with family			
Spending time with friends			
Number of hours per week:			
Hours at work			
Hours in class			
Hours at regularly scheduled functions (e.g., church, organizations, etc.)			
Hours spent socializing, hanging out, watching TV, talking on the phone, or on social media, etc.			
Total Hours			

Add up the numbers in the far right column and subtract that amount from **168**. This is the number of hours you have remaining in your week for that ever-important task of studying. You may want to revise how much time you spend on other activities of your life, based on your reaction.

Total hours in a week (**168**) minus total hours above (_____ hours) = _____ hours for studying.