

ACADEMIC SUCCESS PROGRAMS



TIME MANAGEMENT

There are only so many hours in a week! Let's **calculate** how many hours you spend in class, studying, eating, working, grooming, exercising and sleeping in order to **assess your personal use of time management**. From there, you can see how much time remains for extra activities such as socializing and personal time.

WE ALL START WITH...	168 HOURS	(EXAMPLE)
CLASSES: Number of hours of classes?		15
<i>SUBTOTAL:</i>		153
STUDY: Number of credits x 2?		15 x 2 = 30
<i>SUBTOTAL:</i>		123
EAT: Number of hours per day x 7?		3 x 7 = 21
<i>SUBTOTAL:</i>		102
WORK: Number of hours per week?		20
<i>SUBTOTAL:</i>		82
GROOM: Number of hours per day x 7?		1 x 7 = 7
<i>SUBTOTAL:</i>		75
EXERCISE: Number of hours per week?		3
<i>SUBTOTAL:</i>		72
SLEEP: Number of hours per night x 7?		7 x 7 = 49
<i>SUBTOTAL:</i>		23
OTHER (Netflix, etc.) : Number of hours per week?		5
TIME REMAINING FOR FLEXIBLE SCHEDULING:		18



NEED ADDITIONAL HELP OR MORE INFORMATION?
316-978-3209 | wichita.edu/success | 115 Neff Hall