WHERE DOES ALL THE TIME GO?

Many students feel like there is not enough time in the day to do everything they want. In fact, there is a lot of time, especially if you use your time wisely. This handout shows you how much time there really is!

Reflections on Time Management:

- There are 168 hours in a week.
- The average college student needs to sleep 56 hours each week.
- A student will spend around 21 hours each week on daily chores and eating.
- The typical student has to attend 15 hours of class each week
- Research suggests that a student should study about 30 hours each week to achieve high grades.
- Many students need to work 20 hours each week.
- What’s left after sleeping, eating, doing chores, going to class, studying, and maybe even working?

168 hours Total Hours in a Week
- 56 hours Sleep
- 21 hours Chores & Eating
- 15 hours Going to Class
- 30 hours Studying Outside of Class
- 20 hours Part-time Job
- 26 hours “Fun, Relaxation & Recreation!”

Reflections on YOUR Time Management:

- How do you use your time now?

- How much time do you currently spend on your academics each week?

- Were you surprised at how much time you really have?

The good news is that you control how you spend your time, so if you choose to do so, you can easily spend 45 hours each week on your academics and still enjoy a lot of free time. The decision is yours to make!