

# 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!

- 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

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**26 hours** Fun, relaxation, & recreation

- 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!