

Time Management Activity
 FILL THIS OUT FOR YOUR **BUSIEST** SEMESTER

School Activities	Average Hours/ Week
School (5 days x 7 hours)	35
<i>Course Title</i>	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total school hours:	

Extra-Curricular Activities	Average Hours/ Week
Paid Job	
Hobbies / Interests	
Community Service	
Sports	
Music / Performances	
total extra-curricular hours:	

Daily Living Activities	Average Hours/ Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, video games, etc.)	
total daily living hours:	

Total Hours	Available Hours/Week
School Hours = _____ Extra-Curricular Hours = _____ Daily Living Hours = _____ your total hours: vs.	Maximum Hours 168

These are estimations of how much time you will need to spend on homework each night

Use these guidelines to calculate your weekly time commitments

ENGLISH	min / night	nights / week	summer hw
English 1, 2, 3, 4	30	4-5	
English Seminars	30	4-5	
English 3 Honors*	1+ hr	5-7	yes
English 4 AP*	1+ hr	5-6	yes
English 4 WISE	1.5-2 hrs	5	
Creative Writing	30	2	
Public Speaking	10	3	
* expect a lot of reading!!!			

SOCIAL STUDIES	min / night	nights / week	summer hw
World History*	30-40	4-5	
European History AP*	35+	6	yes
US History*	35-45	4-5	
US History AP*	45+	5-6	yes
Government / Econ*	30-40	3-4	
Comparative Gov AP*	45-60	4-5	yes
* expect a lot of reading!!!			

WORLD LANG.	min / night	nights / week	summer hw
Level 1	20	5	
Level 2	20	5	
Level 3	30	5	
Level 4 Honors*	40	5	
Level 5 AP*	40	5	yes
* levels 4 & 5: expect major projects!!!			

MATHEMATICS	min / night	nights / week
Pre-Algebra	30	5
Algebra A, 1	30	5
Geometry	30	5
Geometry Honors	30-45	5
Algebra 2	30	5
Algebra 2 / Trig	30-45	5
Algebra 2 / Trig Hrs	45+	5
Math Analysis	30	5
Pre-Calculus	30+	5
Statistics AP	30-45	5
Calculus AB, BC AP	45+	5-6

SCIENCE	min / night	nights / week
Biology	30	4-5
Biology AP	1 hr	5-6
Biotechnology	30	2-3
Biotechnology Accel	30	3-4
Chemistry	30	4-5
Chemistry AP	30	4-5
Environmental Sci	30	2-3
Geology	30	2-3
Physics	30	5
Physics Honors	45	5
Physiology	30	3-4
Psychology	20	5
Sports Medicine	30	4-5

ELECTIVES	min / night	nights / week	other hw
Arch / Eng Des - CAD	0	0	
Art 1, 2	0	0	
Art Advanced	30	2	minor projects
Art Advanced Hrs	45+	3	major projects
Art Studio AP	30	5	
Auto / Auto Adv	0	0	
Chamber Singers	20	5	concerts
Chorale, Wmn's Ens	10	5	concerts
Computer Graphic Arts	0	0	minor projects
Concert / Symph Band	30	5	4-6 events
Concert Choir	10	5	musical!!!
Dance 1, 2	practice moves		minor projects
Design & Fabrication	10	1	
Digital Design	0	0	
Drama 1, 2, Adv	20	1	minor projects
Drama Prod: major role	1.5 hrs	5	3-4 shows
Drama Prod: minor role	1.5 hrs	1-3	3-4 shows
Jazz Ensemble	30	5	8-10 events
Leadership	2 hours / week		
Leadership Events	2-3 hrs	5	
Music Theory AP	30	4-5	
Orchestra	30	5	4-6 events
Photo/ Video/ WebDes	0	0	
Yearbook	Journalism		
Ph: 2-3 hrs / wk		J1: 2-4 hrs / wk	
Wr: 1-2 hrs / wk		J2: 3-5 hrs / wk	
Ed: 3-8 hrs / wk		J3:* 4-8 hrs / wk	
depending on job *expect some wknds!!!			

Example: Biology AP: (60 min / night)(6 nights / week) = 360 minutes / week = 6 hours / week