

168 Hours Exercise

How much time do you really have?

1. Ask students how much time there is in a week. Write it on the board.

$$24 \text{ hours} \times 7 \text{ days} = 168 \text{ hours in a week}$$

2. Ask them how much sleep do they need?

$$8 \text{ hours} \times 7 \text{ days} = 56 \text{ hours a week}$$

$$168 - 56 = 112 \text{ hours left}$$

3. Ask them how many hours per week do they spend eating and getting ready?

$$3 \text{ hours} \times 7 \text{ days} = 21 \text{ hours a week}$$

$$112 - 21 = 91 \text{ hours left}$$

4. Ask them how many hours per week do they spend in class (same as how many credit hours they are taking)

$$\text{Use 15 as average}$$

$$91 - 15 = 76 \text{ hours left}$$

5. Ask what else they need to do in their week. Subtract hours. For example, let's assume they need to study 30 hours a week. This is what they ideally would be doing if they were taking 15 credit hours (2 hours of outside class work for every hour they spend in class).

$$76 - 30 = 46$$

Demonstrate that this still gives them over 6.5 hours each day for fun, working out, watching TV, etc.

6. 6. Where is their time going? Do they know? Are they spending their time wisely?

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Office of Advising & Academic Success

