

MVHS Time Management Worksheet

DAILY LIVING ACTIVITIES	AVERAGE HOURS/WEEK
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores, etc.)	
Family time	
Free time (friends, TV, phone, internet, video games, etc.)	
Travel time (to/from school, practices, activities, etc.)	
Other Living Activities	
Total Daily Living Hours:	

REQUESTED COURSES 2017 - 2018	AVERAGE HOURS/WEEK
In school for 5 days x 7.5 hours (including brunch/lunch)	37.5
English Workload	
Social Studies Workload	
Math Workload	
Science Workload	
World Language Workload	
PE Workload	
Electives Workload	
Total School Hours:	

**Workload = Homework + Studying. Times listed on reverse are ranges provided to us by current students.*

EXTRA-CURRICULAR ACTIVITIES – School and Community	AVERAGE HOURS/WEEK
School Sports	
School Related Activities	
Hobbies/Interests	
Paid Job	
Outside Class/Lessons	
Community/Volunteer Services	
Non School Sports (i.e. club team)	
Other Extra-Curricular Activities	
Total Extra-Curricular Hours:	

Hours Per Week	-	Total Daily Living Hours	-	Total School Hours	-	Total Extra-Curricular Hours	=	Hours Left In Week
168	-	_____	-	_____	-	_____	=	_____

Do you have enough time in your week to stay healthy, productive, and balanced?

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Please consider the following homework estimates / categories when planning your requested courses.
Actual time and workload may vary by each student and teacher

The following courses are estimated to have less than one half hour of homework per night.

3D Design 1 – 4 A Choir Applications of Advanced Math Advanced Treble Choir Advanced Multimedia / Technology Art 1 – 4 B Choir – Female/Male Chamber Orchestra	Commercial Art Dance 1 Drama Economics English Language Development 1 – 3 Industrial Technology International Business Introduction to Engineering Design	Introduction to Woodworking Advanced Woodworking Jazz Ensemble Marketing Money and Banking PE 9 PE Basketball PE Racquet Sports PE Total Fitness	PE Weight Training Photography 1 Photography 2 Principles of Engineering Principles of Marketing Sheltered Literature and Writing String Orchestra U.S. History Wind Ensemble Writing for Publications
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The following courses are estimated to have between one half hour to one hour of homework per night.

Algebra 1 Algebra 2 Algebra 2 / Trigonometry American Literature H American Literature American Studies AP Biology AP Chemistry AP Computer Science A AP Environmental Science AP Macroeconomics AP Statistics	AP U.S. Government AP Computer Science Principles AVID 9 – 12 Biology British Literature Chemistry Chemistry H Chinese 1 – AP Computer Programming JAVA Contemporary Literature	French 1 – AP Geometry Japanese 1 – AP Law Literature and Writing Advanced Multimedia Mythology / Folklore Physics Physiology Principles of Business Sheltered Biology Sheltered Chemistry	Sheltered Contemporary Literature Sheltered Physics Sheltered U.S. History Sheltered World History Sheltered World Lit Spanish 1 – AP U.S. Government World Core Literature and Social Science World Studies
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The following courses are estimated to have over one hour of homework per night.

AP Calculus AB AP Calculus BC	AP Literature AP Physics 1	AP Physics C: Mechanics AP U.S. History	Math Analysis Pre-Calculus Honors
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The following courses' estimates fluctuate throughout the school year.

Athletics Band Bella Voce Cheerleading	Leadership Clubs Color Guard	Drama (Advanced / Honors) Journalism Marquesas	Multimedia Design STEM Research Variations Yearbook
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