



HILL COUNTRY

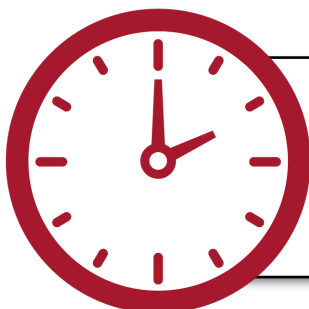
MIDDLE SCHOOL

HOURS OF HOMEWORK

*** **DISCLAIMER:** These are estimations of how much time the average student will need to spend on homework each week. Please recognize that the time a student spends on homework will vary based upon student preparedness, student focus and effort, learning/study habits, homework environment, age, developmental stage, etc. Use these guidelines to calculate your weekly time commitments.

ENGLISH/LANGUAGE ARTS		
Class	Est. Min Time	Est. Max Time
ELA (Grade Level) 6th-8th grade	1 hour/ week	3 hours/ week
ELA (Pre AP) 6th-8th grade	1.5 hours/ week	3.5 hours/ week
MATH		
Math Classes 6th-8th grade	1 hour/ week	2.5 hours/ week
SOCIAL STUDIES		
All Social Studies Classes 6th-8th grade	1 hour/ week	2.5 hours/ week
SCIENCE		
Science Classes 6th-8th grade	1 hour/ week	2.5 hours/ week

FINE ARTS		
Class	Est. Min Time	Est. Max Time
Band & Orchestra	1 hour/ week	2.5 hours/ week
ATHLETICS		
All School Sports Activities	2 hours/ week	5 hours/ week
HIGH SCHOOL CREDIT COURSES		
World Language Classes	1 hour/ week	3 hours/ week
Health	.5 hours/ week	2 hours/ week
Speech	.5 hours/ week	1 hour/ week
Algebra	2.5 hours/ week	4 hours/ week
Geometry	1 hour/ week	4 hours/ week
Integrated Physics and Chemistry (IPC)	1.5 hours/ week	4 hours/ week



Courses **highlighted** require more than 2.5 hours of work (on average) **OUTSIDE** of class / per week.





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MIDDLE SCHOOL

TIME MANAGEMENT FORM

For the categories below that apply to you, please enter the hours per week that you will spend on the class or activity outside of school. Calculate your total weekly hours. Once your form is complete, please share it with your parent(s)/guardian(s).

SCHOOL WORK

School (for most students, this will be 36.5 = 5 days x 7.5 hours)	Est. Min Time (hours per week)	Est. Max Time (hours per week)	Est. Avg. Hours/Week
ENGLISH			
MATH			
SOCIAL STUDIES			
SCIENCE			
LANGUAGE			
ELECTIVES			
TOTAL			

DAILY LIVING ACTIVITIES

	Est. Avg. Hours/Week
SLEEP	
NECESSITIES (Eating, Showering, Chores)	
FAMILY TIME	
FREE TIME (Friends, Phone, Social Media, Internet, Video Games, Reading, Etc...)	
COMMUTING & TRAVELING	
TOTAL	

EXTRACURRICULARS

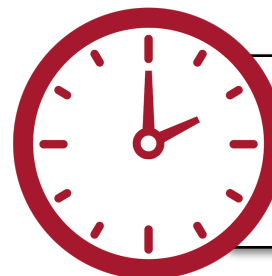
	Est. Min Time (hours per week)	Est. Max Time (hours per week)	Est. Avg. Hours/Week
HOBBIES/INTERESTS			
COMMUNITY SERVICE			
SPORTS			
CLUBS			
MUSIC/ PERFORMANCES			
TOTAL			

American Academy of Pediatrics recommends 8-10 hours of sleep per night.



WEEKLY TOTAL

SCHOOL WORK	
EXTRACURRICULARS	
DAILY LIVING ACTIVITIES	
YOUR TOTAL	



YOUR TOTAL HOURS = _____ of 168 hours**

**Maximum Possible Hours per Week (7 days x 24 hours) = 168

Playtime, Downtime, and Family Time: PDF for Teens

Common-sense strategies for promoting teen health and well-being

The research is clear: adolescents need **playtime, downtime, and family time (PDF)** every day for healthy development.

PLAYTIME

Play is not just for younger children. Research suggests that play — especially when it is freely chosen, unstructured, and personally-directed — is linked to increased cognitive skills, physical health, self-regulation, language abilities, social skills, and empathy.

Playtime Tips

- Help your teen avoid overscheduling so that they have unstructured time to hang out with friends in person, and pursue hobbies and interests just for fun.
- Encourage your teen to spend time outdoors (taking a walk, shooting hoops).

DOWNTIME

Downtime is time set aside beyond structured activities or academics to relax, reflect, or just be. Research suggests that kids need downtime throughout the day — and enough sleep at night — for their physical and emotional health.

Downtime Tips

- Ensure that your teen has breaks during the day. Even 30 minutes after school to listen to music, read, or play a video game can help teens to “reset” for the next part of their day.
- Make sure your teen gets enough sleep (8–10 hours a night). *Not* getting enough sleep has serious consequences for learning, health, safety, emotional regulation, and driving.
- Turn off media 30–60 minutes before bedtime, and keep screens out of bedrooms at night. Screen light affects sleep.

FAMILY TIME

Family time creates a sense of connection and belonging. Research shows that when kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally, as well as have increased self-esteem, and better academic outcomes.

Family Time Tips

- Strive to gather the family for 20–25 minutes at least 5 times per week (family meals, outings, and game/movie nights all count).
- Unplug during meals, before bedtime, and during family activities.
- Commit to simple family traditions and rituals.
- Involve teens in selecting, organizing, and doing family service projects or activities.

Challenge Success is a non-profit organization affiliated with the Stanford University Graduate School of Education. We partner with schools, families, and communities to promote a broad definition of success and to implement research-based strategies so that all kids are healthy and engaged with learning. Join our growing community:

Visit challengesuccess.org  [/ChallengeSuccess](https://ChallengeSuccess)  [/chalsuccess](https://chalsuccess)