

WEEKLY TIME COMMITMENT CHART

Use this tool to plan a manageable schedule that accounts for the time required to meet your academic and personal goals.

Students should review the course level descriptions and note the anticipated homework time for each course. These estimates will vary by student and course, and are meant as a guide for appropriately placed students. Students who narrowly meet the departmental grade recommendation for a course should expect to spend more time than indicated for the course level. Students are most successful when they plan a realistic schedule that allows for a sufficient challenge while maintaining balance. Students who choose courses for which they do not have the time to devote are under considerable amount of stress, and their academic performance and personal well-being can be compromised. Make informed decisions now as to whether or not you realistically have the time to dedicate to the courses which you have selected.

Courses Desired	Daily Homework/Study Time	Hours /week
Total hours needed for Homework & Study Time		
Extra-Curricular Activities: List the time spent in athletics, performing arts, volunteer work, employment, and any clubs or organizations, include travel time to/from all activities.		Hours/ week
Total hours for Extra-Curricular Activities		
Personal Time: Include work, watching TV, computer/TV time, sleep, socializing, family time, etc.)		Hours/ week
Sleep	8.25hr/day	60
In School	7hr/day	35
Add all shaded boxes together	Total of Committed Hours	
Total number of hours in a week		168
minus - Total number of Committed Hours		minus -
		Available Time =

April 13- April 21 ADD/DROP Course Requests in Powerschool

June 16 - June 25 Request Course Level Changes