

# WEEKLY TIME MANAGEMENT CHART

STUDENT: \_\_\_\_\_ COUNSELOR: \_\_\_\_\_

**A: School & Homework:** Please fill in your anticipated schedule for the 2021 - 2022 school year (in no particular order):

A: School & Homework. Class	Hours in Class Per Week (1 class = 1 hr, 1 block=1.5 hrs)	Hours of HW per Week (for AP or Honors classes)
0:		
1:		
2:		
3:		
4:		
5:		
6:		
<b>TOTAL School Related Hours</b>		

**B: Activities.** Please list your extracurricular activities:

Activity	HOURS PER WEEK
Club(s):	
Paid Employment/Internship:	
Sports:	
Volunteering/Community Organizations:	
College Applications/Other:	
<b>TOTAL Extracurricular Hours</b>	

**C. Daily Living Activities:**

ACTIVITY	HOURS PER WEEK
Sleep (7 Days x 8 Hours)	
Necessities (Eating/Cooking, Showering, Chores, etc.)	
Family Time	
Free Time (Friends, TV, Internet, Hobbies, Phone, Video Games, etc)	
<b>TOTAL Daily Living Hours</b>	

Add up all the categories to reveal the amount of time spent on school, activities and home life. **Make sure there is a healthy balance in your life!**

Category	Hours	<b>Maximum Hours</b>  <b>168</b> vs.
<b>A: SCHOOL &amp; HOMEWORK</b>		
<b>B: ACTIVITIES</b>		
<b>C: DAILY LIVING ACTIVITIES</b>		
<b>TOTAL of A, B, &amp; C</b>		

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In an effort to help students and parents understand the demands of course work (particularly in Honors and AP Classes) and recognize the importance of a healthy school/life balance, the counseling department recommends that students/families fill out this chart as part of their course selection/review process. You may also review this chart with your counselor during a 1:1 meeting. Please use the time estimates below to assist with filling out the chart on the reverse side of this form.

It is not required to take any Honors or AP classes, and it is not recommended to overload your schedule with more courses than you can handle. Students should select courses for which they are interested and feel they can be successful, not concern themselves with boosting their GPA.

Name of Class and <u>Average Estimate</u> of Hours Spent on Homework and Studying per Week	
<b>English</b> AP English Literature: 4 – 5 hours AP English Language: 4 hours	<b>Math</b> Pre-Calculus Honors: 4.5 hours AP Calculus AB: 8 hours AP Calculus BC: 8 – 10 hours AP Statistics: 4 hours
<b>Social Studies</b> AP US Government: 3 – 4 hours AP Macro Economics: tbd AP Psychology: 1-4 hours AP World History: 4- 7 hours AP US History: 4 hours	<b>Science</b> AP Biology: 5 hours AP Chemistry: tbd AP Environmental Science: tbd AP Physics: 5 hours (10hrs during testing week) Human Body Systems – Honors: 2.5 hours Medical Intervention – Honors: 2.5 hours
<b>World Language</b> AP French: 4 hours French V Honors: 4 hours AP German: 1-2 Hours German V Honors: 1-2 Hours AP Spanish: 4 hours Spanish V Honors: 4 hours	<b>Visual and Performing Arts</b> AP Studio Art: 5 hours AP Art 2D Design: 4 hours AP Art History: 4 hours AP Music Theory: 3- 4 hours
<b>Computer Science</b> AP Computer Science A: varies AP Computer Science Principles: 1 hour	