

What Do You Do With Your Time?

Below, we are going to fill out our weekly schedule based off of known time commitments. If your schedule changes seasonally, fill this out based on your busiest time of year - it may be temporary but the pressure and lack of time you feel during that time is very real!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							

How to Fill Out Your Schedule

Bust out some color pencils or pens to make this a colorful, dynamic experience by using a new color for each square filled in for the below steps. If you only have a pen or pencil, consider using different patterns!

Step 1: School

Every Monday through Friday, you know you will be at school. Color in those squares that occupy your school hours. Include the time it takes you to get ready and transportation time.

Step 2: Sleep

If some of these squares are not occupied by sleep, we are not using our time effectively. Fill in those squares that are intended to provide you with a healthy amount of sleep (7 to 8 hours)

Step 3: Homework

Expected homework load is information you can find through the registration resources. Fill in squares based off of the classes you currently think you are interested in taking. Remember that each AP class requires at least 1 hour of homework PER NIGHT.

Step 4: Family

Fill in time that is committed to family activities. For some students, this may only be dinner. Others you may be expected to watch your siblings, attend church, visit grandma, etc. This is time that you cannot typically commit to doing work.

(continued on back)

Step 5: Extracurriculars

If you are an athlete or theater student, you know you are going to be filling in many squares to reflect practice/rehearsals. Students in speech/debate have long weekend competitions and students in any other club have weekly commitments to consider as well - fill those squares in! If you are employed - include your regular hours into the week.

Step 6: Other Commitments

You know your life better than anyone else, fill in squares for other time commitments that are present in your regular schedule and/or in your busiest time of year.

Reflection

How does your week look with the squares filled in? Are there blocks of time for you to be able to enjoy your hobbies outside of school, see your friends, and maintain healthy habits? Or do you see a schedule dominated by homework, school/family obligations, and a lack of sleep?

There are only 24 hours in a day and 168 hours in a week. With a low minimum of 8 hours of school and 8 hours of sleep each day, that is 16 hours gone. That leaves only 8 hours for yourself with no other commitments like travel, homework, or extracurriculars (which isn't the experience of most high school students).

Ensuring a balanced course schedule with consideration for your life outside of school is one of the best ways to make sure you have a full and enriching life as both a student and young adult. Rigor is still possible with balance - be mindful of your commitments and share this completed schedule with your parents to help them also visualize the benefits of a balanced schedule.