



Lake Oswego High School

Time Management Worksheet

ESTIMATED AVERAGE NUMBER of HOURS of HOMEWORK per WEEK

Based on teachers' survey responses on the estimated weekly hours of homework for a sampling of courses at LOHS. The TIME MANAGEMENT WORKSHEET that follows will help you anticipate the amount of homework that these and non-listed courses may require. If a course is not listed, expect less than 30 minutes of homework per week.

BUSINESS:

Income & Money-0.5
Int'l Marketing-1
Marketing 1-0.5
Marketing 2: Adver.-0.5

ENGLISH:

AP English Lang (11)-6
AP English Lit (12)-6
Creative Writing-0.5
English 9-3
English 9 Honors-5
English 10-3
English 10 Honors-6
English 11-3.5
English 12-3.5
Journalism-2
Newspaper-1.5

FINE ARTS:

A Cappella- 1
AP 2D Art - 2
AP 3D Art - 1
AP Music Theory-3
Bel Canto-1
Ceramics 3 - 0.5
Concert Band-1
Laker Choir-1
Orchestra-1
Symphonic Band-1
Treble Choir-1
Wind Ensemble-1
Windjammers-1

HEALTH:

Health Issues-0.5
Lifetime Health-0.5

LEADERSHIP:

Leadership-1

MATH:

Algebra 2 W/Trig.-3.2
Algebra 2-2.5
Algebra 1-2
AP Calculus AB-5
AP Calculus BC-5
AP Statistics-4
Calculus 3-5
Discrete Math-2
Geometry-3
Integrated-1
Pre-Calculus-4

SCIENCE:

Geoscience-1.5
Biology-1.5
AP Biology-6
Chemistry-3
AP Chemistry-6
Intro to Chem-2
Intro. to Physics-2
Physics-3
AP Physics C: Mechanics-5
Ecology-1
AP Environmental Sci-3
Human Phys & Anat-2
Oceanography-2

SOCIAL STUDIES:

Adv Con Law-2
America & Con World-1
AP African American-1
AP Economics-2
AP European History-3.5

AP Psychology-3

AP US Government-2

AP US History-3

Constitutional Law-0.5

History of Warfare- 0.5

Intro to Women's Std-1.5

Psychology 1-0.5

Psychology 2-0.5

Sociology-0.5

Sustainability-0.5

US History & Gov-1

World History-1

TECHNOLOGY:

AP Computer Science A – 4

Digital Media-0.5

Programming Projects-0.5

Programming C++-2

WORLD LANGUAGES:

Chinese 1-1.5

Chinese 2-1.5

Chinese 3-2

Chinese 4-2

AP Chinese-2

Spanish 1-1.5

Spanish 2-1.5

Spanish 3-2

Spanish 4-2

AP Spanish-2

French 1-1.5

French 2-1.5

French 3-2

French 4-2

AP French-2

TIME MANAGEMENT WORKSHEET:

1. **SCHOOL HOURS:** Time spent in classes at LOHS is 5 days x 7 hours = **35 hours**
2. **HOMEWORK HOURS:** List all the course titles you plan to take along with the estimated hours of homework per week.

Course Titles	Weekly Homework
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

Total hours of homework per week = _____

3. OUT OF SCHOOL ACTIVITIES HOURS:

Estimate your number of weekly hours (including transportation) for your out of school activities. Examples include: The Arts (Music, Theater, Art, etc.), Athletic Teams, School Clubs and Activities, Paid Jobs, Hobbies, Interests, Volunteering.

Total hours of out of school activities per week = _____

4. LIVING ACTIVITIES TIME:

Sleep is 7 days x 8 hours and equals **56 total hours**. Yet, there are additional living activities. Add to your list the time it takes for all the other necessities. Examples are: Eating (food prep, clean up, consuming food, food shopping, etc.), showering, chores, family time, free time (friends, TV, phone, internet, games, etc.), travel time related to any of these (time in car, bus, etc.), etc.

Total hours of living activities per week = _____

Now enter and add up your results.

1. School Hours total is: **35**
2. Homework Hours total is: _____
2. Out of School Hours total is: _____
3. Living Activities Hours total is: **56** plus _____ = _____

Total = _____ There are only **168** hours in a week.

If your anticipated weekly average is more than 168, you need to think about healthy ways you can balance your schedule and still have a great high school experience.