

---

## Student Success \ Time Management

---

KAVEH FARROKH (PH.D.)

# How Much Time Do You Really Have Each Week?

### THERE ARE 168 HOURS IN A WEEK (24/7)

- This seems like a lot at first...BUT...do you really have that much time?
- Family, friends, personal relations
- Etc.

### YOU NEED THE FOLLOWING:

- Restful Sleep [8 hours x 7] = 56 hours/week (on average)
- Getting ready for bed & up in the morning = 12 hours/week (approximate)
- Total time = 68 hours/week

### SO HOW MUCH TIME DO WE HAVE LEFT FOR EVERYTHING ELSE?

- 168 hours – 68 hours = 100 hours a week (not 168 hours)

### REMEMBER THAT YOU HAVE WEEKLY COMMITMENTS SUCH AS:

- Courses
- Work (not recommended if you are taking 3–5 courses)
- Travel to school, home, etc.
- Preparing meals, housework, shopping, chores, etc.
- Exercise