# Time Management for College Students

## School Time

\[
\text{number of credits} = \text{number of class hours} = \\
\text{number of credits} \times 2 \text{ hours of study time} = \\
\text{Total School Time} = 
\]

## Sleep
+ Work
+ Meals
+ Travel (to/from class, work, home)
+ Personal (e.g., hygiene, medical)
+ Social (e.g., friends, family)
+ Chores (e.g., pay bills, shop, laundry, errands)
+ Campus Activities (e.g., athletics, events, clubs)
+ Volunteering
+ Exercise
+ Other

\[
\text{Other Time} = 
\]

\[
\frac{\text{school time}}{\text{total hours}} + \frac{\text{other time}}{\text{total hours}} = \frac{\text{total hours}}{\text{total hours}} 
\]

*Remember, there are only 168 hours in a week!