



SUPER SUCCESS SERIES



HELP! I have been robbed from my time!

Estimate the number of hours you spend on each task:

Number of hours of sleep _____ x7= _____

Number of hours spent grooming _____ x7= _____

Number of hours for meals/snacks (include prep and clean up time) _____ x7= _____

Travel time to and from campus _____ x _____ = _____

Number of hours for extracurricular activities (volunteering, student org, etc.) _____ x7= _____

Number of hours of work/internship _____ x _____ = _____

Number of hours of class _____ = _____

Number of hours with friends _____ x _____ = _____

Number of hours with family _____ x _____ = _____

Number of hours on social media _____ x7= _____

Number of hours watching TV, Hulu, Netflix, etc. _____ x _____ = _____

Number of hours _____ x7= _____

Total: _____

There is only 168 hours in a week!

Try this math formula:

168- _____ hours of activities = _____ hours to study

What are your results? How much time do you have to study? Was it enough?