

Student Name: _____

Time Management Activity

Please remember to convert minutes to hours when completing this worksheet

COURSES	AVERAGE HOURS/WEEK Time spent on homework, study time, sports practice time
Time spent in school (5 days x 7 hours)	35
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
PE/Sports	
Total School hours:	

EXTRACURRICULAR ACTIVITIES – School and Community	AVERAGE HOURS/WEEK
Paid job	
Hobbies/Interests	
Community/Volunteer Services	
Non School Sports (i.e. club team)	
School Related Activity	
School Related Activity	
Total Extracurricular hours:	

DAILY LIVING ACTIVITIES	AVERAGE HOURS/WEEK
Sleep (7 days x 8 hours)	56
Necessities (eating, showering, chores, etc.)	
Family time	
Free time (friends, TV, phone internet, video games, etc.)	
Travel time (to/from school, practices, activities, etc.)	
Faith/Religious Activities	
Total Daily Living hours:	

<p>Total Hours</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">School hours =</td> <td style="width: 20%;"></td> </tr> <tr> <td>Extracurricular hours =</td> <td></td> </tr> <tr> <td>Daily Living hours =</td> <td></td> </tr> <tr> <td style="text-align: right;">Your total hours:</td> <td style="border: 2px solid black;"></td> </tr> </table>	School hours =		Extracurricular hours =		Daily Living hours =		Your total hours:		vs	<p>THERE ARE</p> <p style="font-size: 2em;"><u>168</u></p> <p>HOURS</p> <p>IN A WEEK</p>
School hours =										
Extracurricular hours =										
Daily Living hours =										
Your total hours:										

By signing below, we acknowledge that we reviewed and support the courses and extracurricular activities that my student has selected for the coming school year.

Parent/Guardian Signature Student Signature

Revised January 2018

Please consider the following ESTIMATES when planning your course schedule

Actual times and workloads will vary by teacher

ENGLISH	min/night	nights/week	hours/week
English 1,2,3,4	30	4-5	2.5
English 1H*, 2H*, 3H*	30	4-5	2.5
AP English 4*	40-60	3-5	2-5
Creative Writing	20	3	1
Mythology	20	3	1
Public Speaking	20	3	1
Shakespeare	20	3	1
*Expect a lot of reading			

SOCIAL STUDIES	min/night	nights/week	hours/week
World History	30	4-5	2.5
World History H	45	4-5	4.5
AP World History*	40	4-5	4.5
AP European History*	60	6-7	7
U.S. History	30	3-4	2
AP U.S. History*	45	4-5	5-6
Government / Econ.	30	4-5	2.5
AP Economics*	45	4-5	4.5
AP Government*	45	4-5	4.5
AP Comparative Gov't	45	4-5	4.5
AP Human Geography	45	4-5	4.5
Psychology	30	4-5	2.5
AP Psychology*	30	5-6	3
*Expect a lot of reading			

ELECTIVES	min/night	nights/week	hours/week
AP Art History	30	5	2.5
AP Music Theory	30	4-5	2.5

WORLD LANGUAGE	min/night	nights/week	hours/week
Level 1, 2, 3, 4	15-20	4-5	1.5
Level 3 H	15-20	5	2.5
AP Level 4*	20	5	1.5-2
AP Level 5*	20	5	1.5-2

MATHEMATICS	min/night	nights/week	hours/week
Essentials Algebra	30	5	2.5
Algebra 1	30	4-5	2.5
Geometry MCR	30	5	2.5
Geometry	30	5	2.5
Geometry H	45-60	5	5
Algebra 2 MCR	30	4-5	2.5
Algebra 2	30	4-5	2.5
Algebra 2 H	45-60	5	5
Function Trig. Stat.	30	4-5	2.5
Pre Calculus	30	5	2.5
Pre Calculus w/ Limits	45	5	4
Pre Calculus H	90	5	7.5
Calculus	30	5	2.5
AP Calculus AB	60	5	5
AP Calculus BC	60-90	5	7.5
Statistics	30	4-5	2.5
AP Statistics	30	5	2.5
AP Computer Science	30	5	2.5

SCIENCE	min/night	nights/week	hours/week
Biology	30	4-5	2.5
Biology H	35	5-6	3-3.5
AP Biology	45	5-6	4.5
Marine Biology	30	4-5	2.5
Marine Biology H	45	5-6	4.5
Physiology and Anatomy	25	2-3	1.0
Physiology and Anatomy H	45	5-6	4.5
Chemistry	30	4-5	2.5
Chemistry H	45	5-6	4.5
AP Chemistry	45	5-6	4.5
AP Environmental Science	45	5-6	4.5
Earth Science	25	2-3	1
Life Science	25	2-3	1
Physics	30	4-5	2.5
AP Physics 1 and 2	45	5-6	4.5
AP Physics C	60	5-6	6
Sports Medicine	20	4-5	1.5

ACTIVITIES	min/night	nights/week	
Academic Decathlon	60-120	5	4-5 events
Broadcast Journalism	15	5+	
Choir	10	5	
Choreo	10	5	seasonal events
Mock Trial	15	2-3	
MUN	60	2	seasonal events
Pep Squad	120-180	-	seasonal events
Debate	60	2	seasonal events
Drama 1, 2, Advanced	15	5	3-4 events
Drama Production ¾	15	5	3-4 events
Drama Production	90	5	3-4 events
Jazz Band	30	4-5	
Leadership	-	-	25 night events
Orchestra	30	2-3	5 night events
Science Research	30	5	
Sports Team	120-180		seasonal events

YEARBOOK	
Photo:	2-3 hours/week
Writer:	1-2 hours/week
Editing:	3-8 hours/week
Depending on job	
JOURNALISM	
Journalism 1:	2-4 hours/week
Journalism 2:	3-5 hours/week
Journalism 3:	4-8 hours/week
Journalism 4:	
Expect some weekends!!	
WEBPAGE	
Webpage 1:	1-2 hours/week
Webpage 2:	1-2 hours/week
Webpage 3:	1-2 hours/week
Webpage 4:	2-3 hours/week