|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **PLANNING YOUR WEEK** | | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **A typical schedule for a first semester Engineering student may look like this** | | | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | Semester Credit Hours (SHC) | Seated or Contact Hrs/week |  |  |  |  |  |  |
|  | MAT 271 | 4 | 5 |  |  |  |  |  |  |
|  | CHM 151 | 4 | 6 |  |  |  |  |  |  |
|  | EGR 150 | 2 | 3 |  |  |  |  |  |  |
|  | ENG 111 | 3 | 3 |  |  |  |  |  |  |
|  |  | 13 SHC | 17 | actual contact or seated hours spent in class | | | | |  |
|  |  |  | 34 | estimated minimum time to study = 2 X seated time | | | | |  |
|  |  |  | 51 | estimated minimum time spent on courses per week | | | | | |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 20 | job working part-time per week | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 14 | drive time to and from WTCC and job | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 7 | eat - one hour per day, does not include prep time | | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 49 | sleep 7 hours per night | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 14 | social media, gaming or phone time | | | |  |  |
|  |  |  | **155** | **total hours of life per week** | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Put in perspective of hours per day** | | | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  | 168 | 24/7 |  |  |  |  |  |
|  |  |  | 155 | total hours of life per week | | |  |  |  |
|  |  |  | **13** | **total number of hours per week free** | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 13/7 = **1.8 hours per day free**. That is OK but your brain needs an hour to do nothing. | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1.8 - 1= .8 hour = **48 minutes of actual free time per day** | | | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Manage your time to make sure that "all of your priorities" are completed.** | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |