

College Survival Assessment

Balancing your life and school commitments

Routine Activities	Weekdays		Weekends		Total Hours per Week
How many hours do you sleep per night?	_____x5	+	_____x2	=	
How many hours do you work per day?	_____x5	+	_____x2	=	
How many hours do you spend on meals, including prep?	_____x5	+	_____x2	=	
How many hours do you spend on exercise?	_____x5	+	_____x2	=	
How many hours do you spend on socializing (social media included)?	_____x5	+	_____x2	=	
How many hours do you spend on hobbies or sports activities?	_____x5	+	_____x2	=	
How many hours do you spend watching TV?	_____x5	+	_____x2	=	
How many hours do you spend on housekeeping activities?	_____x5	+	_____x2	=	
How many hours do you spend getting to and from activities?	_____x5	+	_____x2	=	
Total hours per week of Routine Activities =					
How many credits do you plan to take this semester? (classroom time and lab/studio time)	_____x1 hour (+additional time for lab/studios)	=	_____ Hours per week in class		
How many hours will spend getting to and from classes? (travel time)	_____ Hours x _____ Days	=	_____ Hours per week traveling		
How many hours of study will need for each course? (study time, approx. 2-4 hrs. per credit)	_____ credits x 2 hours	=	_____ Hours per week in studying		

- To determine how realistic your time-frame is, complete the College Survival Assessment and the Weekly Planner
- Remember successful students consistently plan and take effective actions!
- Utilize the time you have between classes to maximize study time.
- Think about reducing travel time between classes and study on campus in a library or other building close to your classes.
- Think of school as your job! Most people work more than a 40-hour week!

Weekly Planner for Your Semester Journey

Plot your daily routines on the weekly planner below. Mark off the following:

- Time you are in class/lab
- Time you are at work
- Time that you have committed to family and volunteer activities
- Time that you have committed to social or recreational activities
- Time for necessary activities such as meals, travel, exercise, etc.

Hour	Monday	Tuesday	Wednesday	Thursday	Friday
7:00					
8:00					
9:00					
10:00					
11:00					
12:00					
1:00					
2:00					
3:00					
4:00					
5:00					
6:00					
7:00					
8:00					
9:00					
10:00					
11:00					