

“The Week That Was”: Your Current Time Schedule

	Monday	Tuesday
6:00 A.M.		
7:00 A.M.		
8:00 A.M.		
9:00 A.M.		
10:00 A.M.		
11:00 A.M.		
Noon		
1:00 P.M.		
2:00 P.M.		
3:00 P.M.		
4:00 P.M.		
5:00 P.M.		
6:00 P.M.		
7:00 P.M.		
8:00 P.M.		
9:00 P.M.		
10:00 P.M.		
11:00 P.M.		
Midnight		
1:00 A.M.		
2:00 A.M.		

Time Analyzer for “The Week That Was”

Totals (Necessary Hours):

Hours spent in class: _____

Hours spent studying: _____

Hours spent sleeping: _____

Hours spent eating: _____

Hours spent working: _____

Total: _____

48 hours (total hours in 2 days) – (Your total “necessary hours) = _____(hours uncommitted)

Analyze you current time usage by answering the following questions based on what is normal for you.

	YES	NO
1. I often study at a time when I am not at peak efficiency due to fatigue.		
2. I have failed to complete at least one assignment on time this semester.		
3. During these two days, I spent time watching TV, visiting, or napping that really should have been spent otherwise.		
4. Social or athletic events cause me to neglect academic work fairly often.		
5. I often get behind in one course due to having to work on another.		
6. I usually wait until the night before the due date to start assignments.		
7. I normally wait until test time to read texts and/or review lecture notes.		
8. I catch myself looking forward to study interruptions rather than trying to avoid them.		
9. I spent some time during these two days reviewing previous weeks’ notes even though I did not have a test.		
10. I studied approximately 1-2 hours out of class for every hour in class.		