

Academic Balance Worksheet

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List your weekly time commitments for the following activities:

Class (number of credit hours)	
Study (hours per day x7)	
Sleep (average hours x 7)	
Meals (prep and eating)	
Work	
Scheduled Meetings	
Clubs/Activities/Extracurricular	
Exercise/Fitness/Sports	
Fun/Hanging Out/Friends/Dates	
Social Media/Online/Apps	
Commute/Walking/Bus	
Phone	
Family	
Other	
Other	
	Total
	There are only 168 hours in a week! Are you over-committed?

Adapted from: Appreciative College Instruction: Becoming a Force for Positive Change in Student Success Courses. Stipes Publishing 2011