

# Will there be enough time?

<u>7 days X 24 hours = 168 hours</u>	<u>168</u>	
4 classes X 3 hours per week in class = 12 hours	-12	(156)
3 hours of study time for every 1 hour of class time (3) X 4 classes with 3 hours of classtime each (12) = 36	-36	(120)
sleep time: 8 hours/night [HA!] X 7 nights = 56	-56	(64)
eating: 3 meals/day, 1 hour/meal [HA again!] X 7 days	-21	(43)
spirituality/just hanging out: 1 hour/day X 7 days	-7	(36)
walking where you need to go: 1 hour/day X 7 days	-7	(29)

29 hours (divided by 7 days) = 4+ hours of “free time” per day: What to do with all that time?

- |                       |    |                                |
|-----------------------|----|--------------------------------|
| ■ Promote world peace | or | Eradicate poverty              |
| ■ Learn Portuguese    | or | Play rugby                     |
| ■ Join a club         | or | Be a student government leader |
| ■ Socialize           | or | Call home {What an idea!}      |
| ■ Take up juggling    | or | Teach a kid to read            |

There's lots you can do. Just get involved!

## COURSE SCHEDULING:

On the other side of this sheet you will find a template that shows when the class periods are during the week. It will help you with your course scheduling at Orientation (bring this with you) if you think about how the following factors might affect your choice of classes and the time the classes meet:

- 1) Are you planning to work or play a varsity sport?
- 2) Do you perform better if your work/classes are spread out or bunched together? The schedule allows for MWF (60 min.) or MF (90 min.) or TuTh classes (90 min.) times, and there are also evening Seminar classes that meet from 7-8:30 twice a week.
- 3) Because much of your academic work is done outside of class, think about how much “preparation” you have to do before each class. Do you want them back-to-back?
- 4) Are you an “early to bed/early to rise” person [good for 8 a.m. classes] or a “late to bed/late to rise” person [not so good for making those 8 a.m. classes].