

## Study Hour Formula

Using the level of difficulty stated below, determine how many hours you need to study per week for each class. These hours are in addition to your time in class.

### Levels of Difficulty

**Low difficulty course = 1 study hour per credit hour**

**Average difficulty course = 2 study hours per credit hour**

**High difficulty course = 3 study hour per credit hour**

| Class (credit hour) | X | Difficulty                        | = | Study hours per week |
|---------------------|---|-----------------------------------|---|----------------------|
| Ex. MAC 1105 (3)    | X | 3 (high difficulty)               | = | 9 hours              |
|                     | X |                                   | = |                      |
|                     | X |                                   | = |                      |
|                     | X |                                   | = |                      |
|                     | X |                                   | = |                      |
|                     | X |                                   | = |                      |
|                     |   | <b>Total study hours per week</b> | = |                      |

There are 168 hours in a week. Determine how many hours per week you spend studying.



# Center for Academic Achievement

## Time Management Weekly Planner

Use the time management log to schedule out your weekly activity/commitments.

| TIME     | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------|--------|---------|-----------|----------|--------|----------|
| 1:00 AM  |        |        |         |           |          |        |          |
| 2:00 AM  |        |        |         |           |          |        |          |
| 3:00 AM  |        |        |         |           |          |        |          |
| 4:00 AM  |        |        |         |           |          |        |          |
| 5:00 AM  |        |        |         |           |          |        |          |
| 6:00 AM  |        |        |         |           |          |        |          |
| 7:00 AM  |        |        |         |           |          |        |          |
| 8:00 AM  |        |        |         |           |          |        |          |
| 9:00 AM  |        |        |         |           |          |        |          |
| 10:00 AM |        |        |         |           |          |        |          |
| 11:00 AM |        |        |         |           |          |        |          |
| 12:00 PM |        |        |         |           |          |        |          |
| 1:00 PM  |        |        |         |           |          |        |          |
| 2:00 PM  |        |        |         |           |          |        |          |
| 3:00 PM  |        |        |         |           |          |        |          |
| 4:00 PM  |        |        |         |           |          |        |          |
| 5:00 PM  |        |        |         |           |          |        |          |
| 6:00 PM  |        |        |         |           |          |        |          |
| 7:00 PM  |        |        |         |           |          |        |          |
| 8:00 PM  |        |        |         |           |          |        |          |
| 9:00 PM  |        |        |         |           |          |        |          |
| 10:00 PM |        |        |         |           |          |        |          |
| 11:00 PM |        |        |         |           |          |        |          |
| 12:00 AM |        |        |         |           |          |        |          |