

REALITY SCORECARD

Strategies for Managing School/Work/Life

Letter	Scenario	Student	Sample FT
A	Number of credits:		12
B	Minimum hours to attend class/lectures per credit (1.0 x A)		12
C	Minimum hours needed to study per credit (3.0 x A)		36
D	Minimum hours commuting To/From Class		1.5
	E: Total Weekly Academic Time		49.5
F	Hours of Employment per week :		40
G	Commuting hours To/from work (round trip) a week:		10
	H: Hours of work and travel per week		50.0
	I: Total weekly Academic/Employment Time		99.5
J	Minimum hours a week for family (2 hr. min daily)		14
K	Hours in time for social/activities a week (1 hr. min daily) i.e. church, friends, clubs/groups, town meetings, etc.		7
L	Hours in time for exercise/personal grooming a week (.5 hr. min daily)		3.5
M	Hours in time for laundry, house/car maintenance, groceries, chores		5.0
	N: Total weekly Social life		29.5
	O: Total weekly Academic/Employment/Social Time		129.0
P	Minimum hours a week for sleep (Min 6.0 hours per day * 7)		42
Q	Minimum hours a week for mediation/rest/break		1
	R: Total sleep/rest		43.0
	S: TOTAL time for work/school/life		172.0
	T: Total Time in a week		168.0
	Net FREE Time (enter 0 if S is larger than T)		0 - ZERO