



FACT: Successful students estimate spending 2-3 hours outside of class studying for every hour in class (i.e. A student taking 15 credit hours may spend an average of 30-45 hours studying outside of class *weekly*). Use this grid to track your hours. Chart your actual hours of studying and other activities. Include your classes, study time, and any co-curricular activities (i.e. club meetings, work hours, practice times etc.) Source: <http://www.cliffsnotes.com/WileyCDA/Section/id-305397,articleId-7601.html>.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							