

PERSONAL TIME SURVEY

Number of hours of sleep each night		x 7 =	
Number of hours per day spent on getting ready for work, school, etc.		x 7 =	
Number of hours for meals/snacks per day (include preparation time)		x 7 =	
Total travel time each day (commuters be sure to include walking to class, driving home, driving to work/internship, etc.)		x 7 =	
Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.)		=	
Number of hours of employment per week		=	
Number of hours in class per week		=	
Number of average hours per week socializing, dates, hobbies, etc. Be honest!		=	
TOTAL THE HOURS ABOVE		=	
Subtract the total from 168		=	

The number of hours you are left with is, in reality, the number of hours you have available for study each week!



Office of Student Success

Definition of Student Success:

The true measure of student success is how well students are prepared to accomplish their current and future academic, personal, and professional goals through the development of knowledge, a sense of responsibility and self-reliance, and a connection to the college and wider community.

Learning Outcome:

Informed Decision-Making: By completing this personal time survey you are exhibiting the student success learning outcome of informed decision-making. This encompasses the thoughtful seeking out of relevant information and the acceptance of responsibility for yourself and your decisions.