

# Time Commitment Worksheet

There are a lot of questions to consider when you select classes for next year:

- What subjects do I like best?
- What classes do I need to graduate?
- Should I try an Honors, Advanced Placement or Dual Enrollment course?
- How many advanced courses should I take?
- How much **time** will I spend on homework and studying?

Use this as a tool to help you determine whether you have enough time each week to take the courses you want to take and participate in the extra-curricular activities that you would like.

**Write down the classes you signed up to take. These are listed in StudentVUE. Using the "Course Expectations" document, write down the estimated out of class work for each class per week.**

## Course Time Required

1. \_\_\_\_\_ hours per week
2. \_\_\_\_\_ hours per week
3. \_\_\_\_\_ hours per week
4. \_\_\_\_\_ hours per week
5. \_\_\_\_\_ hours per week
6. \_\_\_\_\_ hours per week
7. \_\_\_\_\_ hours per week

\_\_\_\_\_ **Total School hours per week**

## Additional Time Commitments

**(Ex: Sports, Clubs, Volunteering, Religious Activities, Job, Other Household Responsibilities)**

## Activity Time Required

1. \_\_\_\_\_ hours per week
2. \_\_\_\_\_ hours per week
3. \_\_\_\_\_ hours per week
4. \_\_\_\_\_ hours per week
5. \_\_\_\_\_ hours per week

\_\_\_\_\_ **Total Extracurricular hours per week**

# #dothemath

Add the **Total Hours** spent on school and extracurricular activities: \_\_\_\_\_ Take that number and subtract it from **80**.  $80 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$

## Why 80?

There are 168 hours in one week.

Sleeping (hopefully) 7 hours a night takes 49 hours a week.

You are in school 40 hours a week.

That leaves you with **80 hours**. How many hours do you have left?

## Now think about the following:

- Where is most of your time spent?
- Free time – do you have any? How is it spent?
- How many hours of screen time do you engage in?
- How much time do you spend with your family?
- Do you need to cut back in a particular area?

## The deadline for course changes is May 1, 2024!

BRHS staff is working hard to help all students select the right classes and manage a healthy balance between courses and extracurriculars.

## #findyourbalance



## Interesting Articles:

1. What do admission counselors look for in college applications?  
<http://www.collegexpress.com/articles-and-advice/admission/ask-experts/what-do-admission-counselors-look-college-applications/>
2. The Pros and Cons of AP Classes  
<https://blog.prepscholar.com/are-ap-classes-worth-it-benefits>
3. Avoid AP Overload  
<https://medium.com/edmodoblog/avoid-ap-course-overload-it-matters-less-than-you-think-3382c064d7f2>