



OGLETHORPE

STUDENT SUCCESS

Study Hour Formula for Time Management

How Do You Spend Your Time?

Please include the above study hours per week in the **Weekly Planner**. Be sure to identify the different ways you spend your time each week. Below are some examples:

- Sleeping/Eating
- Grooming/Gym
- Relaxing/Self-care
- Commuting/Driving
- Chores/Errands
- In Class
- Studying
- Regular Functions
- Socializing
- Working

There are only 168 hours in a week. Use the following rule to help determine how many hours you need to study for each of your classes based on their level of difficulty:

Low difficulty course: 1 study hours per credit hour

Average difficulty course: 2 study hours per credit hour

High difficulty course: 3 study hours per credit hour

Figure out the time you need to study each week by using the formula below for your classes.

Class Credit Hours	X	Difficulty Level	=	Study Hours Per Week
Ex: CHM-101 (4 credits)	X	High (3 hours)	=	12
	X		=	
	X		=	
	X		=	
	X		=	
	X		=	
		Total Study Hours Per Week	=	

Make sure to focus on the quality of your studying and to take breaks when needed. This formula is a suggested general guideline; try and adjust as necessary.