Course Load Worksheet

Students often experience difficulty in college not because they are intellectually incapable of doing the work, but because they do not accurately anticipate the amount of time necessary to do well. This questionnaire is designed to help the advisor and student determine what would be a reasonable course load, given the nature of the student's various extracurricular responsibilities.

Academic Hours per Week
1. Hours in class (approximately the number of credit hours): ____________
2. Hours of study outside of class (2-3 hours for every hour in class): ____________
3. Total academic hours: ____________

Job Hours per Week
4. Hours working: ____________

School-Job Commitment
5. What is your total commitment to work and to school? (add 3 and 4): ____________
   
   Remember: a 40-hour week is generally considered a full time job!

Miscellaneous Hours to Think About . . .
6. Commuting (to work and/or school): ____________
7. Recreation/Exercise (television, tennis, Web-surfing, etc.): ____________
8. Family/Social (church, childcare, dating, family, etc.): ____________
9. Personal/Chores (include eating, paying bills, cleaning, bathing, laundry, and all the other little tasks of everyday life): ____________

10. Add lines 5 through 9: ____________

Most of us will have approximately 120 waking hours per week, including weekends, in which to accomplish everything we set out to do. If the amount on line 10 exceeds 120 hours, you need to cut back on one or more of your outside obligations or lower your course load accordingly.