

I Don't Have Enough Time!!!

Really? Not sure I buy that any more. Maybe it's a question of time management.

This was inspired by an article in the American Bar Association *Student Lawyer* magazine.

Let's assume the following:

- 1. 24 hours in a day x 7 days in a week = 168 hours in a week.**
- 2. Sleep: 8 hours x 7 days = 56 hours per week.**
- 3. School: 7 hours x 5 days = 35 hours per week.**
- 4. Extra Curricular Activities 3- 4 hours x 5 days = 15- 20 hours per week.**

If we do a little math we come up with the following:

- 1. 168 Hours - 56 Sleep Hours = 112 Hours**
- 2. 112 Hours - 35 School Hours = 77 Hours**
- 3. 77 Hours - 15 to 20 Extra Curricular Hours = 62 to 57 Hours**

That leaves us with the surprising discovery that we spend an astounding:

- 4. 62 to 57 Hours for meals, grooming, watching TV, video gaming, and studying!?!?.**

So, how much time do you spend studying each day? Do you have a set time each day to study? Is grooming over rated?

If you have no extra curricular activities, your time for meals, grooming, TV, video gaming, and studying remains at 77 hours per week!?!??.



That is the same number of hours spent in school each week!!!!

Do you really spend that much time on grooming? Not sure I'm convinced of that!

That sounds like an enormous amount of time. Perhaps you should keep a weekly journal for a few weeks and see what you spend your time doing. Then cut back on the TV watching, video gaming, grooming and increase your study time. The goal is to maximize your study time and make you more productive. We all know that, "all work and no play makes Jack a dull boy." But what happens to Jack's grades if he is up until midnight each night playing Madden 2009? Look over the calendar below and draw your own conclusions.

Sample Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Date:	Date:	Date:	Date:	Date:
6 a.m. – 7:15 get up, get ready, get to school	6a.m. – 7:15 get up, get ready, get to school	6 a.m.– 7:15 get up, get ready, get to school	6 a.m.– 7:15 get up, get ready, get to school	6 a.m.– 7:15 get up, get ready, get to school
7:20. - 2:20 SCHOOL	7:20 a.m. - 2:20 p.m. SCHOOL	7:20 a.m. - 2:20 p.m. SCHOOL	7:20 a.m. - 2:20 p.m. SCHOOL	7:20 a.m. - 2:20 p.m. SCHOOL
2:30 – 6 Extra Curricular Activities	2:30 – 6 Extra Curricular Activities	2:30 – 6 Extra Curricular Activities	2:30 – 6 Extra Curricular Activities	2:30 – 6 Extra Curricular Activities
6 – 10:00 p.m. Evening Activities	6 – 10:00 p.m. Evening Activities	6 – 10:00 p.m. Evening Activities	6 – 10:00 p.m. Evening Activities	6 – 10:00 p.m. Evening Activities
10 p.m. – 6 a.m. SLEEP	10 p.m. – 6 a.m. SLEEP	10 p.m. – 6 a.m. SLEEP	10 p.m. – 6 a.m. SLEEP	10 p.m. – 6 a.m. SLEEP
Saturday = 24 hours of individual scheduling	Sunday = 24 hours of individual scheduling	To get yourself organized and take control of your time, do the following:	3. If you need more than 8 hours of sleep, take it from the hours spent grooming, watching TV, playing video games rather than from study or family time.	
Each day consider:	Each day consider:	1. Keep track of your activities and the time spent on every activity.		
1. Don't sleep more than 8 hours.	1. Don't sleep more than 8 hours.	2. Decide where you can cut back time to increase your productivity.		
2. Attend to chores, etc.	2. Attend to chores, etc.			
3. Enjoy free time and socialize.	3. Enjoy free time and socialize.			
4. Make some time for study.	4. Make some time for study.			