

Name: _____

SID: _____

Fixed Commitment Worksheet

Evaluate Your School/Work Load and Plan Your Schedule

** This assignment will be discussed and turned in during the third lecture on **Tuesday, October 21st****

1. List the courses and workshops you are taking this quarter:

Classes

- _____ units
- _____ units
- _____ units
- _____ units
- _____ units

Class Units Total _____ (1)

PEERS Seminar and Workshops

- _____ units
- _____ units
- _____ units

Workshop/Seminar Units Total _____ (2)

2. Study Time: at least 2 hours per week per unit of class (don't include PEERS Classes):

2 (hours) X Total Class Units _____ = **Total Study Time** _____

Study Time Total _____ (3)

3. Additional Obligations: Write down the time required for each week.

- Do you work? How many hours/week? _____
- Are you on an athletic team? How many hours/week for games and practice? _____

Additional Obligations Total _____ (4)

ADD (1), (2), (3) and (4) above in order to calculate your:

GRAND TOTAL _____

4. Underline your Grand Total and the related information below:

- 30 - 40** hours = Time for study and yourself—Great chances for a high GPA. **Easy**
- 41 - 50** hours = Optimum schedule—Genuine challenge and minimum stress. **Good**
- 51 - 55** hours = Stress is starting to add up—consider lightening your load. **Tolerable**
- 56 - 60** hours = Something has to give—high stress or lower GPA likely. **Grim**
- 61+** hours = High anxiety, too little time for classes, sleep, and study. **Burnout**

(Worksheet continues on the back of this page)

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5. Plan your fixed commitment and study schedule on the attached grid (Fixed Commitment Calendar). Be sure to include your time for:

- All class sessions
- Study: AT LEAST 2 HOURS FOR EVERY UNIT OF CLASS
- Work
- Sleep
- Commute
- Other: Such as personal and leisure time, religious activities, athletics, etc...

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Fixed Commitment Calendar

Please pick one weekday and one weekend day as examples to fill out this grid

| | WEEKDAY | WEEKEND |
|-------|---------|---------|
| 7 AM | | |
| 8 AM | | |
| 9 AM | | |
| 10 AM | | |
| 11 AM | | |
| 12 PM | | |
| 1 PM | | |
| 2 PM | | |
| 3 PM | | |
| 4 PM | | |
| 5 PM | | |
| 6 PM | | |
| 7 PM | | |
| 8 PM | | |
| 9 PM | | |
| 10 PM | | |
| 11 PM | | |
| 12 PM | | |