

## Where Did My Time Go?

It is not uncommon to feel as though you do not have enough time to get all of your work done. Even if this is true, it is important to be curious about how you spend your time, to see where you may have an opportunity to use your time more efficiently.

When completing the below survey it is important to be honest. You may require a calculator to get your totals. Ignore the greyed-out cells.

Enter your information in the blue boxes to see the results	Number of hours per day	Number of days per week	Number of hours per week
On average, how many hours do you sleep in each 24 hour period? (including those afternoon naps)?			
On average, how many hours a day do you engage in grooming activities?			
On average, how many hours a day do you spend on meals-preparation, eating, and clean-up?			
How much time do you spend commuting to and from campus? Include the amount of time it takes to park and walk from your car or the bus stop to class. Adjust "days per week " according to your schedule.			
On average, how many hours a day do you spend doing errands?			
On average, how many hours do you spend each week doing co-curricular activities (student clubs/organizations, working out, church, sports etc...)?			
On average, how many hours a week do you work at a job?			
How many hours do you spend in class each week?			
On average, how many hours a week do you spend with friends, going out, watching TV, going to parties etc...?			
This is the total number of hours you are spending each week engaged in daily living activities and school activities			
There are 168 hours in a week. This is the number of hours that remain for studying. <b>Most universities say that students should spend 2 hours studying for every hour of class.</b> If the number of hours you have left in your week is not twice the number of hours you are in class, you may need to adjust your time spent doing other activities.			

Virginia Polytechnic Institute and State University (2018). *Where did my time go?*

[https://www.ucc.vt.edu/academic\\_support/study\\_skills\\_information/time\\_scheduling/where\\_does\\_time\\_go.html](https://www.ucc.vt.edu/academic_support/study_skills_information/time_scheduling/where_does_time_go.html)