

UCC 101 Worksheet I

Tuesday, September 5, 2006

Estimate the number of hours you spend each week on the following activities. When you are finished, subtract your total from 168, the number of hours in a week. How much time is left? How can you use this time to reach your goals?

Activity	Hours per Week
1. Attending Class	_____
2. Working	_____
3. Sleeping	_____
4. Dressing, Showering, etc.	_____
5. Traveling to and from college, work, etc.	_____
6. Studying	_____
7. Eating	_____
8. Caring for Family	_____
9. Cleaning and Doing Laundry, Chores	_____
10. Attending Athletic Practice	_____
11. Engaging in leisure activities	_____
12. Other	_____
Total =	_____
168 Hours minus Total =	_____

Now answer the following questions.

1. On which activity do you spend the least amount of time?
2. On which activity do you spend the most amount of time?
3. Are you satisfied with the way you spend your time? Why or why not?
4. Are you following the schedule that you made last week? If not, what changes do you think you should make?

5. What qualities do you think a good Professor has?

6. What qualities do you think a good student has?

7. What did you like about your first week of class?

8. What did you not like about your first week of class?