

STUDENT WORKLOAD WORKSHEET

The following worksheet is designed to help you determine whether your workload is appropriate and to help you predict your probable success as a student at CSUSM.

The more realistic you are with respect to your estimation of time commitments, the more helpful this worksheet will be to you. Remember, you get out of your education what you put into it!

Estimate of hours committed (estimate the hours per week for each item):

Sleep (8 hours per night is 56)	_____
Meals (3 hours per day is 21)	_____
Personal Hygiene	_____
Work	_____
Childcare	_____
Household Chores	_____
Errands (grocery shopping, etc.)	_____
Personal/Social Time	_____

Total hours committed: _____

Total hours available each week (24 hours x 7 days): 168

Hours available for school (difference between hours committed and total hours available): _____

Divide by class preparation factor of 4: 4

Maximum units you should take= _____

