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= _____

Prepared by CoBA