










WEEKLY COLLEGE LOAD SCHEDULE

Here's a good model to follow:

| Work Hours | Class Units/Hours Suggested | Minimum Study Hours | Minimum Total College/Work Load |
|------------|-----------------------------|---------------------|---------------------------------|
| 0-15 | Up to 16 units/class hours | 24 Study Hours | 40-55 weekly hours |
| 16-20 | Up to 12 units/class hours | 18 Study Hours | 46-50 weekly hours |
| 21-30 | Up to 9 units/class hours | 14 Study Hours | 44-53 weekly hours |
| 31-40 | Up to 6 units/class hours | 9 Study Hours | 46-55 weekly hours |
| Over 40 | Up to 3 units/class hours | 5 Study Hours | 48 + weekly hours |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---|---|---|---|--|---|--------|
| 7:00 | | | | | | | |
| 8:00 | Poli Sci 1 | | Poli Sci 1 | | | | |
| 9:00 | | Study | | Study | Study | Work | |
| 10:00 | English 1 | Study | English 1 | Study | Study |  | |
| 11:00 | | | | | | | |
| 12:00 | Study | Biology 9 | Study | Biology 9 | Geology 1 | | |
| 1:00 | | | | | | | |
| 2:00 | Work | Study | Work | Study | | Work | |
| 3:00 |  | Study |  | Study | Work |  | |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 6:00 | | | | |  | | |
| 7:00 | | | | | | | |
| 8:00 | Study | Study | Study | Study | | | |
| 9:00 |  |  |  |  | | | |
| 10:00 | | | | | | | |

Daily

Totals:

10

7.5

10

7.5

8

8

Weekly






Total:

51 Hours

Tolerable Rating

NAME:

DON'T BURN OUT

| TOTAL LOAD | COMMENTS | MOOD |
|-------------|--|---|
| 30-40 Hours | Time to study. Time for yourself. A real chance for a high GPA if you follow your plan. Consider more units if your first semester is successful. | <div>Easy Does It</div>  |
| 41-50 Hours | An optimum schedule with time to meet your important obligations. A genuine challenge with a minimum of stress. Follow your plan. | <div>Fine</div>  |
| 51-55 Hours | The fun is going out of this schedule, and stress is creeping in. Consider lightening your work or your class hours. | <div>Tolerable</div>  |
| 56-60 Hours | Something has to give. See a counselor for assistance with revamping your class schedule. Without adjustments, the forecast is for high stress, a lower GPA, and probable probationary status next semester. | <div>Grim</div>  |
| 61 or ABOVE | Top burnout prospect--heading for probation or drop out status. Insufficient time to study, plan, sleep, work. Little sense of accomplishment. High anxiety. Get help from counselor immediately. | <div>Burnout</div>  |