

# Semester Planning Worksheet

- 1.) How many credits do you plan to take next semester? \_\_\_\_\_ (a)
- 2.) Total credit hours \_\_\_\_\_ X 2 = \_\_\_\_\_ (b)
  - for each credit hour you must allow 2 hours of studying outside of class
- 3.) How many hours of sleep do you need a night? \_\_\_\_\_ X 7 = \_\_\_\_\_ (c)
- 4.) How many hours per week do you spend exercising or relaxing? \_\_\_\_\_ (d)
- 5.) How many hours do you plan to work per week? \_\_\_\_\_ + travel time (per week) \_\_\_\_\_ = \_\_\_\_\_ (e)
- 6.) Do you live on-campus or commute? \_\_\_\_\_
  - How long will it take you to get to campus each day? (don't forget traffic, parking and walking)  
\_\_\_\_\_ X 5 (days) = \_\_\_\_\_ (f)
- 7.) How many hours per week do you spend on involvement? (example, organizations, intramurals, leadership etc) \_\_\_\_\_ (g)
- 8.) Are many hours per week do you spend watching TV, with friends or family and engaging in other social activities? \_\_\_\_\_ (h)
- 9.) Remember to add daily maintenance activities such as eating, showering, dressing, brushing teeth etc \_\_\_\_\_ (approx. 3 hours/day) X 7 = \_\_\_\_\_ (i)
- 10.) **168 (number of hours in a week) - total hours** (Add items (a) through (i)) \_\_\_\_\_ = \_\_\_\_\_
  - if your total hours exceed 168 hours (if you got a negative number above), you need to reassess your schedule and design one that is more realistic.

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## **Reflect for a moment on your semester...**

Identify three things you should spend **more** time doing?

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Identify three things you should spend **less** time doing?

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Which classes are most difficult for you?

Which classes are the most interesting to you?

Which classes do you excel in?

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What liberal education requirements do you have left to complete? (refer to your APAS, and attach a copy of your APAS to this worksheet)

What prerequisite courses do you need for your major or program?

What are your plans for second language? Have you started the sequence?

List your tentative schedule for next semester:

<u>course</u>	<u>registration number</u>	<u># of credits</u>	<u>requirement</u>
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**total credits** \_\_\_\_\_