



Time Management and Time Commitment

There are 168 available hours each week.

Sample	Yours	Activity
15		In class
30		Studying (2 hours per in class hour)
4		Getting Ready (grooming, etc.)
14		Eating meals
4		Working Out
4		Organizations
56		Sleeping
25		Job Off Campus Or RA
16		Free Time
168		<i>Total Time Commitments</i>

RA Hours

Weekly Hours

Duty and Desk Shifts	13
Programming	1.5
Resident Time and Meetings	4.5
Training and Misc	6

*Many duties of the RA occur once a month or per semester (i.e training) but are still factored into time spent on the job.

