

Do You Know Where Your Time Goes?

- Do you usually know in the morning how you will spend your day after class? Yes _____ No _____
- Does each school day include enough time for study? Yes _____ No _____
- for hobbies and sports? Yes _____ No _____
- for friends? Yes _____ No _____
- for chores? Yes _____ No _____
- for sleep? Yes _____ No _____
- Do you put limits on social media? Yes _____ No _____
- talking/texting on the telephone? Yes _____ No _____
- using social media? Yes _____ No _____
- playing video games? Yes _____ No _____
- taking naps? Yes _____ No _____
- "chilling"/hanging out? Yes _____ No _____
- Do you hand in your assignments on time? Yes _____ No _____
- Do you know how much time to set aside for each assignment? Yes _____ No _____
- Do you do hard tasks first and save the easy ones for later? Yes _____ No _____
- Do you know how to turn down distracting invitations? Yes _____ No _____

For each "yes" or "no" answer, think about how well it is working for you. And what, if anything, you could do to change a "no" into a "yes."