Fixed Commitment Worksheet
Evaluate Your School/Work Load and Plan Your Schedule

** This assignment will be discussed and turned in during the third lecture on Tuesday, October 13th**

1. List the courses and workshops you are taking this quarter:

   **Classes**
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units

   Class Units Total ______ (1)

   **PEERS Seminar and Workshops**
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units
   • ____________________________________________          ______ units

   Workshop/Seminar Units Total ______ (2)

2. Study Time: at least 2 hours per week per unit of class (don’t include PEERS Classes):

   2 (hours) X Total Class Units ____________  =  Total Study Time ____________

   Study Time Total ______ (3)

3. Additional Obligations: Write down the time required for each week.
   • Do you work? How many hours/week?   ______
   • Are you on an athletic team? How many hours/week for games and practice?   ______

   Additional Obligations Total ______ (4)

   ADD (1), (2), (3) and (4) above in order to calculate your:  
   GRAND TOTAL ______

4. Underline your Grand Total and the related information below:
   30 - 40 hours = Time for study and yourself—Great chances for a high GPA.   Easy
   41 - 50 hours = Optimum schedule—Genuine challenge and minimum stress.  Good
   51 - 55 hours = Stress is starting to add up—consider lightening your load.  Tolerable
   56 - 60 hours = Something has to give—high stress or lower GPA likely.  Grim
   61+ hours = High anxiety, too little time for classes, sleep, and study.  Burnout

(Worksheet continues on the back of this page)

http://www.ugresearchsci.ucla.edu/progpeers.htm
5. **Plan your fixed commitment and study schedule** on the attached grid (Fixed Commitment Calendar). Be sure to include your time for:
   - All class sessions
   - Study: AT LEAST 2 HOURS FOR EVERY UNIT OF CLASS
   - Work
   - Sleep
   - Commute
   - Other: Such as personal and leisure time, religious activities, athletics, etc...