

ENGR 196A
Survival and Success Skills for Freshmen Engineers
Fall 2006
University of Arizona

It is difficult sometimes to see where the day has gone when you are exhausted and ready to call it a day. It seems like you've spent all day working hard: you've got exams coming up, a report is due in your TRAD course, and you've still got to get presents for your siblings' birthdays. How can you be asked to do any more? Now that you've been in school long enough to have established some routines and a fairly standard schedule, let's find out where your time is actually being spent.

For this exercise, you are again to keep track of what you are doing each day for each hour (roughly, you don't have to be exact.) Before you go to bed at night record what you were doing during each hour you were awake that day beginning with today. Specifically, list study time, TV time, eating time, having fun time, exercise time, volunteer time, and other blocks of time where you spent more than a half-hour doing something. Do this exercise on the weekends too!

When you've completed the week's time distribution, look back over your week and answer the following questions:

- 1) How much sleep are you getting? Is it enough?
- 2) Are you making sure you spend time relaxing and having some fun?
- 3) Are you spending too much time having fun and not enough studying?
- 4) Are there any large expenditures of time that you can't account for?
- 5) Is there a large "time-sink" that you didn't know existed? (A "time-sink" might be anything that uses up a lot of your time that isn't really necessary.)
- 6) What is one concrete strategy you can try to improve your time distribution so that you have a healthy balance in your life and can succeed in your courses?