

"60 Hours" Formula for Academic Success:

Credit hours + 2x Credit hours (study time) + *Weekly job hours = 60 hours or less

(*Weekly job hours = employment, clinicals, volunteering, parenting, etc.)

A Balanced Schedule:

12 hours (course work) + 24 hours (study time) + 20 hours (job hours) = 56 hours.

Good!



An Overloaded Schedule:

12 hours (course work) + 24 hours (study time) + 35 hours (job hours) = 71 hours.

Dangerous!

