**Actual average weekly study requirements**

Use this template to map your actual use of study time currently over a period of 1-3 weeks (or whatever you find you need).

Compare your actual use of time with the ***Expected average weekly study requirements***.

Use ***Preferred average weekly study requirements*** to map out how you would prefer to use your time, if differently to now, in order to achieve your study goals whilst taking care of your well-being.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity/Time (in hours)** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14+** |
| **Lectures** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Seminars** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tutorials** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Practical studio/ field/ clinical/ labs/ work-based/ community-based** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Face-to-face study groups** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Other classes or workshops** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Learning skills relevant to the course** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Preparation for scheduled sessions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Other employability-related activity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Directed online activities** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Independent reading/ thinking/ researching** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Generating or using data** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Writing up assignments** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Online tutor contact** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Online study group(s)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Blog, log or reflective journal** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Other activity:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Other activity:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**See also:** *The Study Skills Handbook*, p. 130.