**Expected average weekly study requirements**

Using your course materials to guide your estimates, block in the time you are expected to spend in each kind of activity each week. If this changes across the year, repeat later on. You can use these templates to compare expectations with your actual and preferred use of study time:

* Actual average weekly study requirements
* Preferred average weekly study requirements

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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.