**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. Use copies of this sheet to compare expectations with your actual and preferred use of study time (as outlined on p. 127).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity/Time in hours | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14+ |
| Lectures |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seminars |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tutorials/supervision |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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/supervisor contact |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Online study group(s) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blog, log or reflective journal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**See also:** *The Study Skills Handbook*, p. 130 and 131.