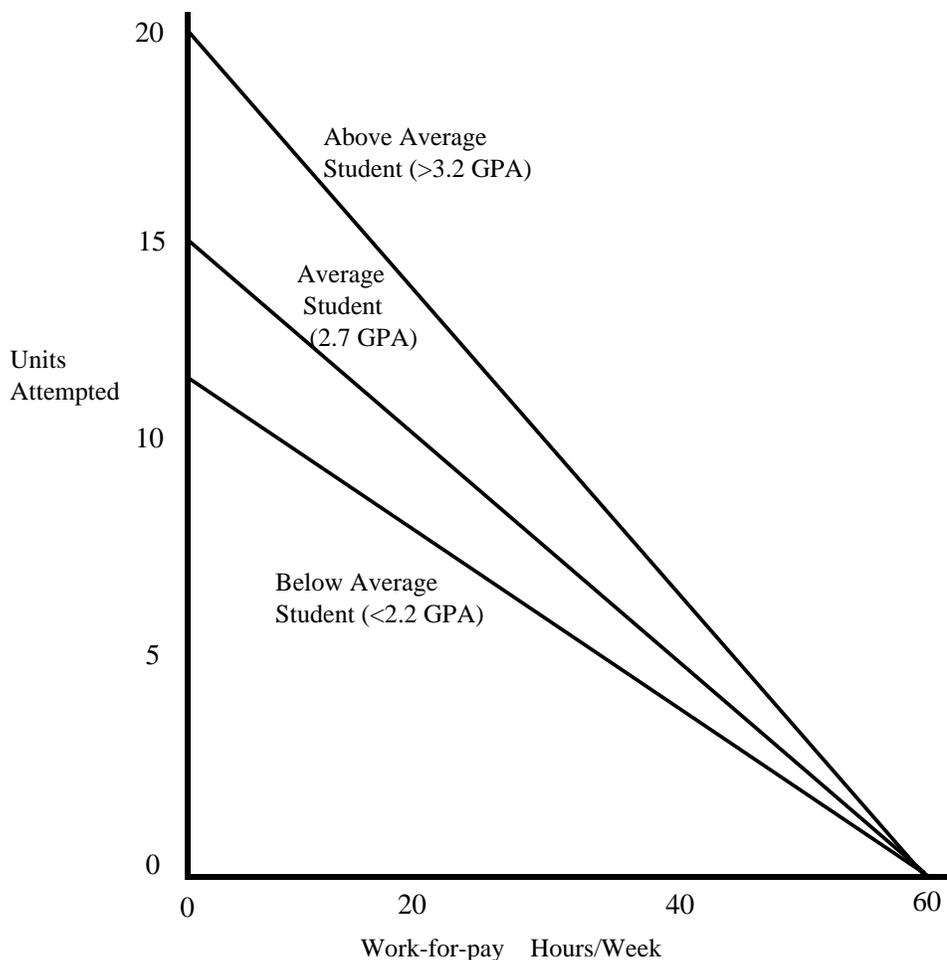


CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA
MECHANICAL ENGINEERING DEPARTMENT
SUGGESTED ACADEMIC LOADS FOR THE WORKING STUDENT

To successfully complete the coursework necessary to graduate from a University, most educators feel that a good student will be spending 2 to 3 hours outside of the classroom for every hour spent in class. This time would be spent studying, completing homework assignments, writing term papers and laboratory reports, etc. This means that a student taking a 15 unit load should be spending 30 to 45 hours outside of class for a grand total of 45 to 60 hours/week devoted towards academic pursuits. This does not include time spent driving to and from school, eating meals, etc. Taking the larger figure (60 hrs.), this means working 10 hours per day, six days per week on school related endeavors. Obviously, there is little time left for other activities. For those students who need to work while attending the University, the department recommends adherence to the following guidelines:



Completing the worksheet on the reverse side will assist you in balancing your work schedule with your coursework and other activities to which you are committed. Obviously, if your time allocation is greater than 168 hours (number of hours in a week), you need to rethink your priorities to achieve a balance between the time you need to accomplish your goals and the time available.

TIME ALLOCATION PER WEEK

Hours sleep needed per night _____ x 7 _____

Recreation time per week (TV, friends, family, sports, church, etc.). MINIMUM should be at least 10 hours. _____

Hours per week needed to commute to school _____

Hours per week working + commute time _____

Time for meals per day _____ x 7 _____

Personal time per week (waking up, doing laundry, errands, etc.) _____

Extracurricular activities _____

Number of hours in class per week _____

Number of units _____ x 2 or number of units _____ x 3
Choose either figure above as the more realistic amount of study time needed for the courses you are carrying—technical courses are more likely to require 3 hours per credit. _____

TOTAL TIME ALLOCATED PER WEEK _____

Total number of hours in a week (7 days x 24 hours/day) 168