

Name: _____ ID#: _____

Troy High School Time Management Evaluation Form

This form is to help you manage your time and allot it accordingly to avoid undue stress and burnout. Use the information on the following pages to complete the Academic Commitments Section.

Academic Commitments	Average Hours/Week
Hours spent in class (6 period day) OR (7 period day)	<i>Circle one: 35 hours (6 classes) or 40 hours (7 classes)</i>
Course Title	
English :	
Social Studies or Elective:	
Math:	
World Language or Elective:	
Science or Elective:	
Visual/Performing Art or Elective	
7th Class (For those in a special program):	
Total school hours for the week (Hours spent in class + homework):	

Extra-Curricular Activities (Complete this section for your <u>busiest</u> semester)	Average Hours Per Week
Paid Job	
Club events (outside of school day hours)	
Community Service	
Sports	
Music/Artistic Performances	
Other (anything not listed above)	
Total extra-curricular hours for the week:	

Daily Living Activities	Average Hours per Week
Sleep (7 days x 8 hours/night) *Minimum hours as recommended by the AAP	56
Necessities (eating, showering, chores, etc.)	
Family Time (family meals, attending family events, etc.)	
Free Time (friends, TV, phone, internet, video games, etc.)	
Commuting to/from Troy 5 days/week (for those that live outside the area)	
Total daily living hours for the week:	

Total Hours

Academic Commitments Hours =	+	Versus	Maximum Hours (24 hr x 7) = 168/week
Extra-Curricular Activities Hours =	+		
Daily Living Activities Hours =	+		
Your Total Hours =			

These are estimations of how much time you will need to spend on homework each night. If you procrastinate or are distracted (i.e., cell phone out while working), it may take longer. Use these guidelines to calculate your weekly academic time commitments.

ART	Min / Night	Nights / Week
Drawing & Painting	10 min	3x
3-Dimensional Design	0	0
Spec St. in Draw/Paint	10 min	4x
Spec St. in 3-D Design	30 min	Per Wk
AP Studio Art: 2-D	20 min	4x
AP Drawing	20 min	4x
Vis. Arts IB HL2	20 min	4x
Drawing & Painting H Cambridge	15 min	3x
Cambridge Advanced Art & Design A	20-30 min	4x

AVID	Min / Night	Nights / Week
AVID 1	20 min	4x
AVID 2	30 min	3x
AVID 3	20 Min	4x
AVID 4	30 min	3x

BUSINESS	Min / Night	Nights / Week
International Business Honors (TT)*	0	0
Business Management IB SL (TT)*	0	0
Empower. Entrepreneurship Honors (TT)*	0	0

COMPUTER SCIENCE/ CYBER/ ENGINEERING	Min / Night	Nights / Week
AP-Comp Science Principles (TT)	15 min	3x
Cambridge Computer Science AS Yr 1 (TT)**	15 min	4x
Comp Science A AP (TT)	45min-1hr	Per Wk
Cambridge Computer Science A Yr 2 (TT)	30 min	3x
Comp Sci-IB HL 2 (TT)	20 min	5x
Digital Technology Fundamentals Honors (TT)*	0	0
Networking Security Essentials Honors (TT)*	0	0
Cybersecurity 101 Honors (TT)*	0	0
Mechatronics Honors (TT)	10 min	4x
Cambridge Design & Technology AS Yr 1 (TT)	5 min	4x
Cambridge Design & Technology A Yr 2 (TT)	15 min	4x

DRAMA/THEATRE	Min / Night	Nights / Week
Theatre I	Rare	
Theatre II	Seasonal Practices & Performances	
Theatre III		
Theatre Tech	Rare	

* No homework if class time is used diligently.

** Additional projects, papers and/or presentations assigned during the school year.

^Additional performances, events, and/or practices during the school year.

ENGLISH	Min / Night	Nights / Week
English 1	30-60 min	3x
English 1 Honors**	20-30 min	4-5x
English 1 Honors Cambridge**	30 min	5x
English 2	10-20 min	3x
English 2 Honors**	30-45 min	4x
AP-English Language**	30 min	3x
English 3	20-40 min	3-4x
English 3 Honors**	20-30 min	5x
English IB HL 1**	30 min	5x
CSU Expository Read/Write	10-20 min	3x
English Literature & Comp AP**	30 min	5x
English 4 Honors**	20-30 min	3-4x
Camb. AS Global Pers. & Rsrch.**	35-45 min.	3-4x
English Lang. A Level**	35-45 min.	3-4x
English Lang. AS**	30 min	3x

FILM/MEDIA	Min / Night	Nights / Week
Media Concepts	1 hr	Per Wk
Media Concepts Honors (TT)	2-3 hr	Per Wk
Broadcast Jnlsm. 1 Honors (TT)	2-3 hr	Per Wk
Broadcast Jnlsm.2 Honors (TT)	2-3 hr	Per Wk
Sports Broadcast 1 Honors (TT)	2-3 hr	Per Wk
Sports Broadcast 2 Honors (TT)	2-3 hr	Per Wk
Cambridge AS Media Studies (TT)	2-3 hr	Per Wk
Cam. Media Studies AS Yr 1 (TT)	2-3 hr	Per Wk
Cam. Media Studies A Yr 2 (TT)	2-3 hr	Per Wk

JOURNALISM/PUBLICATIONS	Min / Night	Nights / Week
Advanced Journalism (TT)	Talk to Advisor	
Publications/Yearbook Honors (TT)	Talk to Advisor	

MATHEMATICS	Min / Night	Nights / Week
Alg Foundations 1A & 1B*	0	5x
Alg Foundations 2A & 2B*	0	5x
Algebra 1 A/B	20-30 min	5x
Geometry A/B	20-30 min	5x
Geometry Honors	30 min	5x
Algebra 2 A/B	20-30 min	5x
Algebra 2 Honors	45 min - 1hr	5x
Pre-Calculus A/B	25-30 min	5x
Pre-Calculus AP	45 min	5x
Probability & Statistics	20-30 min	5x
AP Statistics	15-20 min	5x
Multivariable Calculus	30-45 min	5x
Calculus AB AP	45 min	5x
Calculus BC AP	30-45 min	5x
Business Finance*	0	0
Math IB SL	30-40 min	5x
Math Essentials*	0	0

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MUSIC	Min / Night	Nights / Week
PE Band / Concert / Symph. Band	2-3 hrs.	Per Wk.(Fall Only)
Jazz Ensemble	15 min	5x
Orchestra	15 min	5x
Concert Choir	Occasional	
Guitar	Occasional	
Vocal Ensemble^	Occasional	
Women's Ensemble^	Occasional	
AP Music Theory	30 min	As Needed
Show Choir	Occasional	
Advanced Show Choir Treble	Occasional	
Advanced Show Choir Mixed	Occasional	

NJROTC	Min / Night	Nights / Week
Intro NJROTC 1^	30 min	Per Wk
Intern NJROTC 2^	30 min	Per Wk
NJROTC 3 Honors^ (TT)	30 min	Per Wk
NJROTC 4 Honors^ (TT)	30 min	Per Wk

PHYSICAL EDUCATION	Min / Night	Nights / Week
PE	0	0
Aerobics	0	0
Drill Team/Color Guard^	2-3 hrs	2x
Sports - Men / Women	Talk to Coach	
Dance	0	0
Intermediate Dance	0	0
Advanced Dance	Talk to Advisor	
Weight Training	0	0
Cheer	Talk to Advisor	

SCIENCE	Min / Night	Nights / Week
Biology	15-30 min	4-5x
Biology Honors^^	30-40 min	4-5x
Cambridge Biology AS ^^	30-40 min	5x
Geophysical Science	15-30 min	4x
Chemistry	20 min	3x
Chemistry Honors ^^	30-45 min	5x
Chemistry AP^^	45 min	5x
Biology AP^^	30-45 min	5x
Biology IB HL 2^^	45-60 min	5x
Human Anatomy/Physiology	15-30 min	3-4x
Physics	30 min	4-5x
AP-Physics 1^^	30-45 min	5x
AP-Physics 2 ^^	45-60 min	5x
AP-Physics C ^^	45-60 min	5x
Environmental Science AP ^^	30 min	5x

SOCIAL SCIENCE	Min / Night	Nights / Week
World History	20 min	3x
World History-H	30 min	3-4x
World History AP +	30 min	5x
European History AP +	30 min	5x
US History	20 min.	2-3x
US History AP+	30 min	5x
Philosophy IB SL+	30-50 min	2-5x
Psychology A	15 min	5x
Psychology B	15 min	5x
Psychology AP+	20-30 min	5x
American Government	10-30 min	2-4x
AP American Government+	30 min	3x
Economics	10-30 min	2-4x
Econ Macro AP +	20-30 min	3x
Philosophy IB HL 2+	30-50 min	2-5x
Theory of Knowledge IB+	30-50 min	2-5x
Cam. Advanced History AS	30 min	5x
Ethnic Studies	20-30 min.	2x

WORLD LANGUAGE (Chinese, French, and Spanish)	Min / Night	Nights / Week
Level 1+	10-20 min	5x
Level 2+	10-20 min	5x
Level 3 IB SL+	20-30 min	5x
Level 4 AP+	20-30 min	5x

+Additional project(s) and/or assignments during the school year.

^Additional performances, events, and/or practices during the school year.

^^Additional labs and/or project(s) assigned during the school year.