

Student Name:

In an effort to guide and direct students in making healthy and balanced choices regarding their time and commitments, all students are required to complete the following chart and submit it with their course requests.

This is a guideline and requires individual discernment. Loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time. 24 hours in a day

- 8 hours of sleep (research says min. 9)
- 8 hours of school, including average travel time (7:30 – 3:30)
- 1 hour for dinner; time with family, chores
- 1 hour of “mental health time” (relaxation, social media, time with friends,TV)

6 hours remain for homework and other commitments/interests

	Semester 1	Semester 2
ACADEMICS		
Core Academic Class = 3pts each		
Honors/AP/College Now/CLC = 4pts-5pts each		
PE/Health/Art/Elective w/o homework = 1pt each		
Newspaper/Yearbook Editor (+2pts)		
CO-CURRICULAR		
Sport = 2pts per season (winter sports count 1pt per semester)		
Theatre Production = 1pt-2pts (based on role)		
Retreat Team = 1pt (rector +1)		
Club/Activity = .5pts-4pts (based on activity and level of involvement) ex: coloring club=.5, Mr. Spartan=4		
Commitments (Job/Volunteer/Church/Family) = 1.5pts (10 hrs/week); 2.5pts (11-20hrs wk)		
Non-Marist Sport/Club/Activity = .5pts-4pts		
TOTAL		

SUSTAINABILITY SCALE

18 19 20 21 22 23 24 25 26 27 28 29

RECOMMENDED RANGE

**Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals and priorities.*