

Sustainability Self-Reflection

Forecasting courses is a search for BALANCE. When selecting courses, students should carefully consider what their lives will look like next school year. As students choose courses, they should consider not only their academic interests, but also such questions as:

- Will I have a job next school year?
- Will I have the opportunity to exercise?
- Do I plan to play a sport, audition for a play, go on retreats, or be in a club?
- How much sleep do I get right now?
- How much study and homework time will I need next year, when the material will be more complex and challenging in every course?
- What are my aspirations after high school?

Worksheet for Calculating Weekly Workload

Sleep: _____
Recommended 8-9 hours per night, 56-63 hours per week

In-School Time: 30 Hours

Homework and Studying: _____
Calculate your average weekly workload of 1-3 hours per core class, 30 minutes per elective, and 3-4 hours for any Honors/AP/College Now courses

Sports Practice/Rehearsals/Retreat Leadership: _____
Consider daily practice as well as games, meets, meetings, etc

Co-curriculars (club meetings, community service, etc.): _____
Consider after school as well as weekend commitments

Outside of School Activities (youth groups, jobs): _____

Leisure and family time: _____

Total Hours* _____

*All categories, added up, must be less than 168 hours.

Student Signature

Parent Signature