

Name _____

Dublin High School - Scheduling for Success

List three personal goals for next year and beyond. Think college major and/or potential career, and desired lifestyle:

- 1)
- 2)
- 3)

For the below table, do research on time required per course by speaking to other students/teachers.

| Courses | Benefits: Grad requirement. Skills for future Enjoyable | Time Required Outside of Class (HW, projects,etc.) Average hours/day |
|--|--|---|
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |
| 6) | | |
| Time Spent in Class and getting to/from school | 9hrs – 1 hr Gael | 8 hours |
| Extracurricular Activities | | |
| 1) | | |
| 2) | | |
| 3) | | |
| Sports In Season | | |
| 1) | | |
| *Sleep | | 7-10 hours |
| Total | | |
| Down Time to Breathe/Eat/Play | | 24 hrs – Total= _____ |

*Note – Recommended daily sleep hours for your age range is 8-10 hrs/night to maintain health and and keep stress to a minimum.

Meet with 1 teacher/professional other than your counselor, preferably someone who has knowledge or experience in the major and/or careers you are considering. Make some notes here about recommendations they gave you:

Meet with your parents and sign that your schedule has been well-researched and planned to ensure you a successful academic year **and** a lifestyle that will support health and balance.

Student Signature _____

Name _____

Parent Signature _____

| Hours in the Day | Potential Schedule | Potential Schedule | Potential Schedule |
|------------------|--|--|--|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | Classes, To/From School, Getting Ready | Classes, To/From School, Getting Ready | Classes, To/From School, Getting Ready |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | Gael Period | Gael Period | Gael Period |
| 10 | Extra Curricular Activities | Extra Curricular Activities | Extra Curricular Activities |
| 11 | | | |
| 12 | 2 AP Courses HW | 3 AP Courses HW | 4+ AP Courses HW |
| 13 | | | |
| 14 | | | |
| 15 | Other Courses HW | Other Courses HW | Other Courses HW |
| 16 | | | |
| 17 | Eating | Other Courses HW | Other Courses HW |
| 18 | | | |
| 19 | Sleep, Rest, Relaxation | Eating | Other Courses HW |
| 20 | | | |
| 21 | | Eating | |
| 22 | | Sleep, Rest, Relaxation | Sleep, Rest, Relaxation |
| 23 | | Sleep, Rest, Relaxation | |
| 24 | Sleep, Rest, Relaxation | | |

Name _____

Note: In most universities, students take no more than 3-4 courses at one time with much less time spent in class (3-4 hours a day). Taking more than 4 AP courses is highly discouraged and truly not representative of a productive academic experience.