

# EXPECTATIONS FOR USE OF TIME

Are you putting too much pressure on yourself? What are your expectations and demands for yourself? Take this test and consider whether your time is spent in the right way.

*Hours per week:*

- **How many hours do you spend on your studies?**

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- **How many hours do you need to read outside of class?**

\_\_\_\_\_

- **How much time do you spend in your study group?**

\_\_\_\_\_

- **How much time do you spend on a job?**

\_\_\_\_\_

- **How much time do you spend on volunteering?**

\_\_\_\_\_

- *Sum of the number of hours*

\_\_\_\_\_

If your score is above 37 hours, which is a normal work week, you should consider the following:

- Are you setting reasonable demands for yourself?
- If not – who decides the number of hours you spend on your study? Is it yourself or the study culture?
- If it is the culture – why let others dictate your expectations for yourself?
- If it is yourself – why do you set such high demands for yourself?

(From Pape, 2014)



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