

Determining how your time is spent

Calculate the total amount of hours you have worked for your study programme during one week. (this implies going to class, your preparation and study work at home, your practice moments...)

This will differ from week to week and from student to student but on average you should have **40 to 50 hours a week** of involvement with your study.

Check whether your schedule differs dramatically :

- Are you working (a lot) less than 40 hours a week for your studies? You will risk falling behind with tasks and study planning for the exams.
- Are you working (a lot) more than 60 hours a week for your studies, you will likely exhaust yourself quickly.

When you think you deviate too much from the norm, you could contact your study coach or someone from STUVO. If you are struggling with **fear of failure, procrastination or lack of self-assurance** you can also contact STUVO or take a group training (Ask your study coach.)

