

A Time Management Quiz

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| 1. On weekdays, do you do your homework about the same time? | Yes | No |
| 2. Do you start studying before 8:00 p.m. each night? | Yes | No |
| 3. Do you study each night during the week? | Yes | No |
| 4. How many hours do you spend studying during the week? | _____ | |
| 5. Do you go to bed about the same time each night? | Yes | No |
| 6. How much sleep do you usually get each night? | _____ | |
| 7. How much time per week do you spend watching TV and movies or playing video games or working? | _____ | |

The Golden Study Rules

Rule #1

Set a regular time period to study each weekday and on the weekend and stick to it. Don't make it late at night or you'll be too tired to work well.

Rule #2

Study every night even if you don't have assigned homework. You can read books or magazines, review and practice subjects where your skills are weak, or study ahead.

Rule #3

Get enough sleep. Students your age should sleep 8-10 hours each night.

Rule #4

Cut down on the number of hours you watch TV and movies or play video games. Ten hours a week should be the most time you spend on these.

Resource:

Louisiana Teachers As Educational Advisors and Mentors

<http://www.doe.state.la.us/lde/uploads/4879.pdf>

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