

24 Hours in a Day

Students often have a hard time with time management, especially when it comes to building a HS schedule. It's totally normal to underestimate how much time is required for academics and overestimate how productive you will be at the end of the day.

To help you plan for your schedule meeting, this activity will give you an idea of how much you can really cram into a 24 hour day.

First, some factors that are out of your control:

- According to Nationwide Children's Hospital, teenagers need between 9 and 9.5 hours of sleep per night. Teens who don't get the needed amount of sleep are more likely to be moody, engage in risk-taking behaviors, have difficulty with cognitive functions (attention, memory, decision making, reaction time, creativity), and earn lower grades in school.
- Bexley HS is in session from 8:30am-3:25 p.m. each day for a total of 8 hours.
- You can expect about 2 hours of homework per night.

That leaves 5 hours for extra-curricular activities, social/ religious/ family commitments, eating, showering, video games, Netflix, and Instagram.

Sleep									School							HW							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Other time commitments, in your control:

- Sport/ Theater = +3 hours/ day
- Honors class homework = +30 mins/ day for each class
- AP class homework = +30 hour/ day
- Office Hours = +20 mins/ day
- School Club = +15 mins/ day
- Study Hall = -45 mins/ day from homework

<https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents>