

After you have completed the percentage calculations and pie chart, respond to these prompts:

Think about this: **You only get 168 hours per week.** *It doesn't matter if you have more things to do one week compared to another, you ultimately have to make choices about what fits, and skip other things.* Keep this in mind as you answer the questions below, and try to reflect honestly and thoughtfully.

1. Did you spend more or less time than you thought on homework? Do you think that the time you spent was used effectively? What changes can you make to improve *the way* you do homework?

2. What are some things you think you could honestly spend less time on, or eliminate entirely? Why?

3. What activities do you think deserve more of your time? Why? What changes can you make to accomplish this? Is this going to be an easy change? How can you develop habits that support this?

4. What is the **point** of “time management”? What does “effective time management” even mean?

5. Think about what you want to accomplish in the next week or month. What are your short-term goals? What things did you do over the last week to move toward accomplishing those goals?

6. What do you hope to accomplish in the next 5 years? How about 10 years? What are your long-term goals? Do your current time investments look like they are effectively preparing you for those goals?

7. What things are most important for *you personally* to spend your time on in life? Why? Are you doing those things now? Is that what your week reflects? If not, what will you do about that?
