

# Thinking Tool

## TIME UNDERSTANDINGS: WHERE MY TIME GOES

For three typical school days summarise on a separate sheet of paper, how you use your time to within 15 minutes for each activity you are involved in. This will give you a really good idea of how you spend your time.

Then use this Thinking Tool to reflect on the time you spend doing nothing in between the main activities you do, called '**Nothing Time**': you will be very surprised how much of your time is used up here.

HOW MUCH TIME DO YOU SPEND?	DAY ONE – in hours	DAY TWO – in hours	DAY THREE – in hours
In bed sleeping?			
Preparing/ordering food and eating?			
Showering, grooming and dressing?			
Travelling to and from school and other activities?			
At school; including before and after?			
Home Learning and Study; including being tutored?			
Sport and Exercising?			
Watching TV and DVD's?			
Surfing the Net?			
Social Networking (such as Facebook)?			
Part-time jobs?			
Practising hobbies (such as musical instruments)?			
Socialising?			
Other activities you are involved in?			
<b>TOTALS</b>	<b>TOTAL -</b>	<b>TOTAL -</b>	<b>TOTAL -</b>

**Grand Total = \_\_\_\_\_ hours. In three days there are 72 hours. Nothing Time = 72 hours – Grand Total = \_\_\_\_\_ hours.**

Are there any big time wasters? \_\_\_\_\_ If so, what are they? \_\_\_\_\_

What can you do to reduce them and who can help you? \_\_\_\_\_

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