

Student Time Commitment Planning Guide

Baseline Commitments	Sleep	Eating/Hygiene
	7 Hours	2 hours

Academic Commitment Level

Schedule (all classes)	Homework Hours Per Night	Spring Review Session Hours Per Week	Maximum Hours Per Week Commitment
Total Academic Commitments			

Outside of School Commitments

Additional Commitment (Family, Social, Sports, Church, Outside Clubs or Organizations, Work, Community Service , etc.)	Hours Per Night	Maximum Hours Per Week Commitment
Total Additional Commitments		

Maximum Total Hours Committed

	Baseline	Academic Total	Additional Commitments Total	Total Commitment Level	Is the students load reasonable for a teen?
Nightly Commitments	9			/24	
Weekly Commitments	56			/168	

AP/ Honors commitment 2023-24

Course	Time Commitment	Extra requirements	Spring Sessions
Math 3 +	4 -5 hours/ week		
AP Psychology	15-30 min/ day	Read 3 pages/ book per night/ there is rigor to this class	Prep is during class time
AP Computer Science A	20 minutes- 1hour/ day		
AP Computer Science Principles	20 minutes- 1 hour/ day		
AP Government	60-70 minutes/ day, including weekends	6-7 study sessions	1 - ½ hours in April and May each (voluntary)
AP Calculus	30min-1 hour/ night +more when testing	Summer work, + chapter 1	Study group 1x wk/ 1 hour Test retakes for D/ F only and then C- is highest
AP Economics	30 minutes a day	Spring study sessions, 3 hours each	3 sessions prior to exam
AP Calculus BC	20 minutes/ day		
AP Spanish Language AP Spanish Literature	15-20 minutes/ day 20 minutes a day		
AP Psychology	15-30 min/ day	Read 3 pages/ book per night/ there is rigor to this class	Prep is during class time
AP US History (APUSH)	1 hour per day	notebook	Study sessions in spring
AP Statistics	20 minutes-30 minutes/ day		
AP Biology	8 Hours per week	Friday AM Study sessions	1 Winter Saturday/3 Spring Saturdays
AP Chemistry	5-6 Hours per week	Pre reqs: bio/ chem and A's in math	50 minute session before school
AP Physics	30min- 1 hour/ day	1 hour week/ before school	1 hour / week

AP English Lang. 11th	2-3 hours/ week	Req'd summer work with a test on first day	Reading over winter and summer breaks
AP English Lit. 12th	6 hours/ week	projects/ research papers-	optional
AP French	1 hour/ day	Study sessions in block schedule	
AP Environmental Sci	30-60 minutes daily	TBD	voluntary