

AP Courses – Time Commitment Calculator

These charts will help calculate the time commitment you are signing up for when signing up for multiple AP courses.

How this works:

Step 1. Find each of the courses in which you plan to enroll in Chart 1.

Step 2. Take the higher¹ number from the “Approximate Amount of Homework Per Week” column for each of these courses and write it in the empty column on the right.

Step 3. Total up the hours you will potentially spend doing homework in those courses by adding up all the numbers in the right-most column.

Step 4. In the second chart, make a list of the outside/extracurricular activities in which you plan to participate and make an honest estimate about the time commitment it will require per week. Add these hours all together.

Step 5. Add the extracurricular hours to the homework hours to create an estimate of how many hours per week you will need to devote to your school life.

IMPORTANT NOTE: Teachers of AP courses were asked to estimate the approximate amount of time for assignments and the approximate amount of homework per week **WITHOUT** considering distractions. Teachers, in estimating the workload of their courses, have assumed total and complete focus on assignments and have NOT made estimates that include pauses for group chats, text messaging, Snapchatting, Instagramming, Tweeting, Facebooking, snacking, complaining, or any other activity that a student might do while also attempting to work on homework. Thus, students should be mindful of how distractible they are, and that teachers are not considering these distractions when they assign work.

Important Note from Ms. McMillan about How To Human:

Once you have a total estimation of your potential time commitment, consider the following facts:

Fact 1: Assuming a student spends the appropriate 8 hours a day sleeping, there are 16 hours of waking time per day.

Fact 2: The school day for most students is 7 hours. This brings the time awake and not in class to 9 hours a day.

Fact 3: If there are 9 hours a day, this means there are 45 hours per week (Mon. – Fri.) in which to do homework, participate in extracurricular, and be humans. Obviously, if you sleep less, there will be more hours, but ask yourself this: how many of those hours are going to be productive, or spent actually doing work?

***And while I know that many of you are going to scoff at the notion of 8 hours of sleep, please educate yourselves and read up on the science behind sleep, especially for teenagers:

<https://sleepfoundation.org/sleep-topics/teens-and-sleep>

<http://well.blogs.nytimes.com/2014/10/20/sleep-for-teenagers/>

<http://www.nationwidechildrens.org/sleep-in-adolescents>

¹ Reasoning: it's wise to over-estimate rather than under-estimate in planning a year of your life.

Chart 1: Time Estimation Table for Coursework

AP Course	Time it takes a fast reader/thinker to complete a standard assignment	Time it takes a slow reader/thinker to complete a standard assignment	Approximate Amount of Homework Per Week	
Science				
Biology	1 hour	1 hour	3-4 hours	
Chemistry	1-1.5 hours	2+ hours	4-6 hours	
Physics	.5 hours	1+ hours	2-3 hours	
English				
English Language	15-20 minutes	1 hour	2-3 hours	
English Literature	.5 hours	1 hour	4+ hours	
Math				
Calculus AB	.5 hours	1 hour	.5-1.5 hours	
Calculus BC	.5 hours	1 hour	.5-1.5 hours	
Statistics	1 hour	1 hour	2-3 hours	
Foreign Language				
Spanish Language	15-20 minutes	1 hour	2-3 hours	
Spanish Literature				
French Language				
German Language	15-20 minutes	15-20 minutes	2-3 hours	
Social Sciences				
European Civilization	1 hour	1+ hours	4+ hours	
Human Geography	15-20 minutes	1 hour	2-3 hours	
U.S. History	1 hour	1+ hours	2-3 hours	
Government	15-20 minutes	1 hour	2-3 hours	
Psychology	30 minutes	1 hour	2-3 hours	
Art				
Studio Art: 2D Art	1+ hours	1+ hours	2-3 hours	
Studio Art: Drawing & Painting	1+ hours	1+ hours	2-3 hours	
			TOTAL:	

Chart 2: Time Estimation Table for Extra Curricular Commitments

Activity	Estimated Amount of Time Per Week Spent on Activity
1.	
2.	
3.	
4.	
5.	
TOTAL:	

Total Hours of Homework		Total Hours of Extracurriculars		TOTAL:
	+		=	