

OTA CALENDAR ACTIVITY

Activity Objective: Plot the time you spend each day in the various roles you hold in life to determine you're the spare time in your day for dedication to the Occupational Therapy Assistant Program.

1. Consider the roles you hold in your life: i.e. parent, child, employee, volunteer, meal planner/preparer, etc...
 - Hours you are sleeping
 - Hours you are at work
 - Time you spend in the car
 - Time you spend doing chores
 - Time you spend taking care of others
 - Time you spend taking care of yourself - hygiene, exercise, volunteer, spending time with friends, watching tv, hanging out with your family
 - Write down anything that did not fall under roles that takes up your time/you are responsible for.
2. Under each day of the week fill in the items that will take up time in your day/the time increment it consumes on the line next to each item. For items not listed place them under Misc. Total all the hours on the Total line. Subtract that number each day from 24 and write that number on the free time line.
3. Answer the questions below the chart.
4. To be very accurate, you can fill one out per week for a sample month as some things in life are daily, weekly, biweekly and monthly.

PLEASE REFER TO THE SAMPLE CHART PROVIDED

5. Look at the last number you have written on the sheet - it is your total time left and remember you still have 30-40 hours for the SEMESTER that go to clinicals during the day.

DURING THE SUMMER YOU START OUT WITH A 2 HOUR CLASS AND THE FOLLOWING SUMMER A 3 HOUR CLASS. YOUR LAST SEMESTER IS 40 DAYTIME HOURS PER WEEK FOR 20 WEEKS PLUS PREPPING FOR YOUR CASELOAD.

THE ABOVE IS TO HELP YOU REALIZE THE LOAD DURING YOUR FIRST FALL, FIRST SPRING AND SECOND FALL SEMESTERS.

S **SAMPLE** M T W T F S

SLEEP_8__	SLEEP_6__	SLEEP_6__	SLEEP_6__	SLEEP_6__	SLEEP_6__	SLEEP_8__
WORK__	WORK_8__	WORK_8__	WORK_8__	WORK_8__	WORK_8__	WORK__
EXERCISE_1__	EXERCISE__	EXERCISE__	EXERCISE_1__	EXERCISE__	EXERCISE_1__	EXERCISE__
CHORES_1__	CHORES_1__	CHORES_1__	CHORES_1__	CHORES_1__	CHORES_1__	CHORES_1__
CARE FOR OTHERS__	CARE FOR OTHERS__	CARE FOR OTHERS__	CARE FOR OTHERS__	CARE FOR OTHERS__	CARE FOR OTHERS__	CARE FOR OTHERS__
HOBBY_2__	HOBBY__	HOBBY__	HOBBY__	HOBBY__	HOBBY__	HOBBY__
TIME IN CAR__	TIME IN CAR_1__	TIME IN CAR_1__	TIME IN CAR_1__	TIME IN CA_1__	TIME IN CAR_1__	TIME IN CAR__
HYGIENE_1__	HYGIENE_1__	HYGIENE_1__	HYGIENE_1__	HYGIENE_1__	HYGIENE_1__	HYGIENE_1__
MISC_2__	MISC_1__	MISC_1__	MISC_1__	MISC_1__	MISC_1__	MISC_2__
Total_14__	Total_18__	Total_18__	Total_19__	Total_18__	Total_19__	Total_12__
SUBTRACT FROM 24 HOURS = FREE TIME_10__	SUBTRACT FROM 24 HOURS = FREE TIME_6__	SUBTRACT FROM 24 HOURS = FREE TIME_6__	SUBTRACT FROM 24 HOURS = FREE TIME_5__	SUBTRACT FROM 24 HOURS = FREE TIME_6__	SUBTRACT FROM 24 HOURS = FREE TIME_5__	SUBTRACT FROM 24 HOURS = FREE TIME_12__

ADD ALL OF YOUR TOTAL HOURS FOR THE WEEK HERE: 118

ADD ALL OF YOUR FREE TIME HOURS FOR THE WEEK HERE: 50

CLASS HOURS PER WEEK: 10-17 hours per week depending on semester

INDEPENDENT STUDY HOURS PER WEEK: 22 = 8-9 units per week – 2 to 3 hours per unit for study

GROUP STUDY/PROJECTS PER WEEK: 3

TOTAL FREE HRS 50 - CLASS HRS 15 - STUDY 22 - GROUP/PROJECT HRS - 3 = **TIME LEFT 10**

S	M	T	W	T	F	S
SLEEP _____	SLEEP _____	SLEEP _____	SLEEP _____	SLEEP _____	SLEEP _____	SLEEP _____
WORK _____	WORK _____	WORK _____	WORK _____	WORK _____	WORK _____	WORK _____
EXERCISE _____	EXERCISE _____	EXERCISE _____	EXERCISE _____	EXERCISE _____	EXERCISE _____	EXERCISE _____
CHORES _____	CHORES _____	CHORES _____	CHORES _____	CHORES _____	CHORES _____	CHORES _____
CARE FOR OTHERS _____	CARE FOR OTHERS _____	CARE FOR OTHERS _____	CARE FOR OTHERS _____	CARE FOR OTHERS _____	CARE FOR OTHERS _____	CARE FOR OTHERS _____
HOBBY _____	HOBBY _____	HOBBY _____	HOBBY _____	HOBBY _____	HOBBY _____	HOBBY _____
TIME IN CAR _____	TIME IN CAR _____	TIME IN CAR _____	TIME IN CAR _____	TIME IN CAR _____	TIME IN CAR _____	TIME IN CAR _____
HYGIENE _____	HYGIENE _____	HYGIENE _____	HYGIENE _____	HYGIENE _____	HYGIENE _____	HYGIENE _____
MISC _____	MISC _____	MISC _____	MISC _____	MISC _____	MISC _____	MISC _____
Total _____	Total _____	Total _____	Total _____	Total _____	Total _____	Total _____
SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____	SUBTRACT FROM 24 HOURS = FREE TIME _____

ADD ALL OF YOUR TOTAL HOURS FOR THE WEEK HERE: _____

ADD ALL OF YOUR FREE TIME HOURS FOR THE WEEK HERE: _____

CLASS HOURS PER WEEK: 10-17 (hours per week depending on semester) we will use 15 as an average

INDEPENDENT STUDY HOURS PER WEEK: 18-27 (hours based on 2 to 3 hours per unit) we will use 22 as an average

GROUP STUDY/PROJECTS PER WEEK: _____ 5 _____ approximately

TOTAL FREE HRS _____ - CLASS HRS 15 - STUDY 22 - GROUP/PROJECT HRS - 5 = **TIME LEFT** _____