

Student Name

Please complete this sheet and submit it with your course requests. Academics and Co-Curricular activities are foundational to the growth and development of Marist students. When planning for next year’s schedule, we encourage students to also prioritize other elements of health and happiness that are foundational to the development of the whole person: sleep, down time, family time, and pursuit of individual passion and interests.

This is a guideline and requires individual discernment. Loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time.

24 hours in a day

- 8 hours of sleep (research says min. 9)
- 8 hours of school, including average travel time (8:30 – 3:30)
- 1 hour for dinner, time with family, chores
- 1 hour of “mental health time” (relaxation, social media, time with friends,TV)

6 hours remain for homework and other commitments/interests

	Semester 1	Semester 2
ACADEMICS		
Core Academic Class = 3pts each		
Honors/AP/College Now/CLC = 4pts-5pts each		
PE/Health/Art/Elective w/o homework = 1pt each		
Newspaper/Yearbook Editor (+2pts)		
CO-CURRICULAR		
Sport = 2pts per season (winter sports count 1pt per semester)		
Theatre Production = 1pt-2pts (based on role)		
Retreat Team = 1pt (rector +1)		
Club/Activity = .5pts-4pts (based on activity and level of involvement) ex: coloring club=.5, Mr. Spartan=4		
Commitments (Job/Volunteer/Church/Family) = 1.5pts (10 hrs/week); 2.5pts (11-20hrs wk)		
Non-Marist Sport/Club/Activity = .5pts-4pts		
TOTAL		

SUSTAINABILITY SCALE

18 19 20 **21** **22** **23** **24** **25** **26** 27 28 29

RECOMMENDED RANGE

*Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals, and priorities.