

# MyCourse Load

*How many courses/credit hours should you take during your first semester?*

## What are credit hours?

Credit hours tell how much time you will spend in class each week. Each course is assigned a specific number of credit hours: 1, 3, 5, etc. For example, if you take a total of 12 credit hours, you will generally be in class 12 hours per week. However, some courses and labs require additional hours. (To be a full-time student, you must take 12 credit hours.)

## How much should I study?

You should plan **2 hours of study time for each credit hour** of course work. For example, if you take 12 credit hours, you need to **study at least 24 hours per week outside the classroom**. Note that 12 class hours and 24 study hours equal **36 total hours**. Being a full-time student is a full-time job!

## What else should I consider in deciding how many credit hours to take?

- Work: If you are working more than 20 hours per week, you should not take a full course load. If you are working 40 hours or more per week, you should take no more than one or two courses per semester.
- Relationships and Responsibilities: Your schedule should also include time for fulfilling family obligations and for spending time with friends.
- Personal Well-being: Don't forget to allow time for yourself. Have a good first semester by taking a course load that not only allows you to be successful academically but also provides you with time for a good life beyond your college work!

## DID YOU KNOW?

- New students often sign up for more courses than they can realistically handle. Don't overload yourself.
- Frequently dropping and retaking courses looks bad on your transcript and leaves you feeling discouraged.
- If you attend every class and submit every assignment on time, you should be successful in college. Persistence counts!