

CHEAT SHEET

YELLOW POST IT: Program Requirement

BLUE POST IT: Restricted Elective of the Program

PINK POST IT: General Education (NOT in program); **note** the appropriate “GE Area” in the corner of the Post It.

GREEN POST IT: Elective (NOT in program, used to achieve 60 units)

GATEWAY COURSE: Put a **HEART** on the Post It with that course

WEEKS: ONLY if the map includes “short term courses”, write the begin and end weeks on the Post It with that course

TOTAL HOURS: EASY FORMULA (usually works): **Units x 3 = TOTAL HOURS**

FYI: HOURS IN THE WEEK: $24 \times 7 = 168$ hours in a week

- 8x7 sleep = -56
- 3x7 eat = -21
- 2x7 personal care = -14
- 2x7 social = -14
- 2x7 travel = -14
- A minimum of 119 out of 168 hours is NOT available for schooling
- **49 hours per week IS AVAILABLE for schooling (and employment)**