

Academic Load Breakdown

How can you figure out how much time to reserve for academics before the term begins? The [MIT Bulletin](#) will help. Its detailed listing of all MIT subjects includes the instructor's estimate of time needed to pass the subject successfully. Crack the secret code!

The three unit numbers separated by dashes mean Class Time, Lab Time, and Preparation Time. For example, 18.01 (Calculus I) is listed with 5-0-7 units (12 units total credit):

- Five hours of Class, both lecture and recitation, per week. 18.01 includes 3 hours of lecture and 2 hours of recitation, totaling 5 hours.
- Being Calculus, 18.01 has no Lab Time.
- Seven hours of Preparation, including reading, studying, reviewing, and completing psets and other assignments. Of course, depending on your habits, your preparation might ultimately take more or fewer than 7 hours, but for planning purposes this estimate give you a place to start.

Here is a sample first-year student schedule. An average freshman will usually spend 18-20 hours in either lecture or recitation per week and an additional 34 hours preparing for class.

Sample First Year Schedule

Subjects	Total Units	Lecture/ Recitation Hours	Laboratory/Field Work Hours	Reading/ Studying/ Assignment Prep Hours
8.01	12	3	2	7
18.01	12	5	0	7
5.111	12	5	0	7
HASS	12	3	0	9
Freshman Seminar	6	2	0	4
Totals:	54	18	2	34

How does your academic load compare?

Subjects	Total Units	Lecture/ Recitation Hours	Laboratory/Field Work Hours	Reading/ Studying/ Assignment Prep Hours
Totals:				