

# Course Load

College courses are measured in credit hours. A three-credit course meets for three hours per week. Balancing your course load each semester is very important to your success. In addition to the time spent in class many science courses require additional laboratory and recitation attendance.

**Laboratories:** practical application of what has been taught in the classroom. Laboratories can carry 0-3 credit hours and are often as time-consuming as a lecture class.

**Recitation:** extra time for instruction and help session. Recitations are required for some Math and Computer Science courses.

**Average course load:** 15 credit-hours is the average load carried by most students. To graduate in four years, with no summer attendance, a student must average 15 hours per semester.

**“Full-time” course load:** 12 credit-hours is the minimum number of hours required to be a full-time student. Full-time status is often required for students to remain on their parents’ auto and health insurance.

**Course load limit:** 18 credit-hours is the maximum number of credit hours a student is allowed to carry without a waiver.

## Working while in school.....

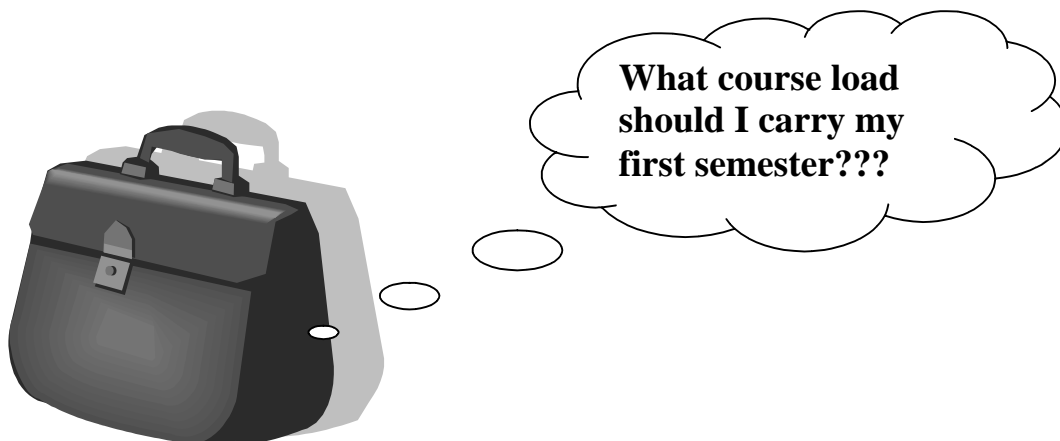
**Be realistic!** If you plan on working while in school follow the guidelines below to ensure that you do not overload yourself.

### If you are enrolled for....

17-18 credit hours  
14-16 credit hours  
12-13 credit hours  
7 – 11 credit hours  
6 credit hours or less

### You should plan on working no more than...

You should not be working!  
10-15 hours per week  
15-20 hours per week  
20-30 hours per week  
30-40 hours per week



Many incoming students think they should take only General Education requirements in their first year. However, as a Science major, you need to consider that your degree requirements include **many lab courses that will be very time consuming**. *Try this...*

- Take a **Math** course every semester until the Math requirements for your major are completed.
- Start taking your required science courses as soon as possible; many majors require outside sciences. For example, **Biology** requires **Chemistry** and either **Physics** or **Geology**.
- Most general education courses **DO NOT** need to be taken in specific order or before required courses for your major. **You can take general education courses at any time during your four years at Old Dominion**. It may make sense to take a general education course with no lab during a semester in which you have three lab courses.

