

### Approximate Weekly Hour Totals

<b>Week #</b>	<b>2-credit</b>	<b>4-credit</b>
Week 1	12.5	12.5
Week 2	25	25
Week 3	37.5	50
Week 4	50	75
Week 5	62.5	100
Week 6	75	125
Week 7	87.5	150
Week 8	100	175
Week 9	112.5	200
Week 10	125	225
Week 11	137.5	250
Week 12	150	275
Week 13	162.5	300
Week 14	175	325
Week 15	187.5	350
Week 16	200	375
Week 17	212.5	400
Week 18	225	425
Week 19	237.5	450

\* This table does not take into consideration PA days, integration days, holidays or sick days. The numbers provided are simply a guideline to help you ensure that you are on the right track and not falling way behind! If, however, you have accumulated a lot more hours than the table suggests for that particular week, that DOES NOT mean that you can cut back your hours at the placement. Please speak with your co-op supervisor if that situation arises.