

## Home Study Timestamp Template – Example

Blank Template is available on page 2

**Activity Title:** Asthma Example Activity

Module Identifier	Content Title	Content Type	Length	Counts towards Completion	Notes
OPTIONAL: Use this column to create a unique identifier	Title for Activity #1: Each activity should be on a separate line. Activities may include, watching a video, answering questions, readings, etc.	Indicate what type of educational activity	Estimate of how long this activity will take for the <u>average</u> participant	Yes or No When calculating number of contact hours, only count activities required for completion	OPTIONAL: For any relevant Notes
Example_01_Content	Asthma Device Types	Video	0:13:00	Yes	
Example_02_AL	Active Learning	MC Questions	0:02:00*	Yes	2 MC Questions
Example_03_Content	Article (include citation of article)	Reading	0:10:00	Yes	Used Workload Estimator
Example_04_AL	Active Learning - Case Study	Case Study	0:05:00*	Yes	Case with 1 calculation
<b>Sub-total</b>			<b>0:30:00</b>		
<b>Total Contact Hours</b>			<b>0:30:00</b>		

\*The Office of Continuing Education uses the following time estimates for answering different question types (you can use your own estimates if applicable):

- 30 seconds per true-false item
- 1 minute per multiple choice item
- 2 minutes for case-based multiple-choice item and/or with data interpretation
- 2 minutes per multiple answer item
- 5 minutes per short answer item
- 10-15 minutes per essay question

NOTE: These times should be added to the estimated time to listen or read the question. More time is needed for questions that require higher levels of thinking.

You can use the **Workload Estimator from Wake Forest University** to assist you in calculating time for different activities including readings, discussions, studying, etc.: <https://cat.wfu.edu/resources/tools/estimator2/>

## Home Study Timestamp Template

Activity Title:

Module Identifier (internal, not displayed)	Title	Activity Type	Length	Counts towards Completion	Notes
<b>Sub-total</b>					
<b>CE Approval Contact Hours</b>					

You can use the **Workload Estimator from Wake Forest University** to assist you in calculating time for different activities including readings, discussions, studying, etc.: <https://cat.wfu.edu/resources/tools/estimator2/>