

Committee on Courses of Instruction Unit Formulas by Activity

Lecture	1 unit = 10 hours
Lab	1 unit = 30 hours
Seminar	1 unit = 30 hours
Project	1 unit = 30 hours
Conference	1 unit = 30 hours
Workshop	1 unit = 30 hours
Independent Study	1 unit = 30 hours
Field Work	1 unit = 30 hours
Library Research	1 unit = 30 hours
Clinical Experience	1 unit = 30 hours
Web-based Course Work	1 unit = 30 hours
Clinical Clerkship	1.5 units = 40 hours
Section Work	1.5 units = 40 hours
Block Elective	1.5 units = 40 hours

Senate Regulation 760 (<http://www.universityofcalifornia.edu/senate/manual/rpart3.html#r760>) reads:

The value of a course in units shall be reckoned at the rate of one unit for three hours' work per week per term on the part of a student, or the equivalent.*

*NOTE: the Academic Senate regulation does not specify the number of *contact* hours, only the number of *work* hours for each student. Seminars awarding 1 unit for 1 hour per week of in-class time should explicitly specify that an additional 2 hours per week of outside work are expected of students.

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Senate Staff:
Heather Alden, Senior Analyst
heather.alden@ucsf.edu; 415/476-8837