Does Cornell have its own policy? To the extent "Cornell," per se, has a policy, it is the one on the Registrar's website:
http://courses.cornell.edu/content.php?catoid=26\&navoid=6727

Cornell interprets and adheres to New York State Education Department¹s definition of a credit hour, as follows:
A student will receive one credit by satisfactorily completing a course that requires at least fifteen (15) hours of instruction and at least thirty (30) hours of supplementary assignments. Hours are adjusted proportionately for other formats of study, e.g., laboratory, studio, research, problem-based learning, and independent study.

On average, there should be three (3) hours of work per week per credit.
For students taking fifteen (15) credits per semester, this translates into an approximate work-week of forty-five (45) hours.

