# Time Management

## What student-athletes should expect

Time management is a key component of any college student’s success, but it is especially important for students who play sports. From classes to competition and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.

## Hours spent on activities per week (168 hours total)

### Division I

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socializing</td>
<td>14.5</td>
<td></td>
</tr>
<tr>
<td>Academics</td>
<td>35.5</td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>Other (e.g., sleep, job, extracurriculars)</td>
<td>85</td>
<td></td>
</tr>
</tbody>
</table>

### Division II

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socializing</td>
<td>15.5</td>
<td></td>
</tr>
<tr>
<td>Academics</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Other (e.g., sleep, job, extracurriculars)</td>
<td>84.5</td>
<td></td>
</tr>
</tbody>
</table>

### Division III

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socializing</td>
<td>15.5</td>
<td></td>
</tr>
<tr>
<td>Academics</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Other (e.g., sleep, job, extracurriculars)</td>
<td>84.5</td>
<td></td>
</tr>
</tbody>
</table>

*Medians collected from the 2019 NCAA GOALS study.

## What takes up a Division I and II student-athlete’s time?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with the compliance office at the NCAA school you may attend for more information.

### Percentage of student-athletes who said they spend as much or more time on athletics during the offseason as during their competitive season.

- **67%** of Division I student-athletes
- **63%** of Division II student-athletes
- **47%** of Division III student-athletes

*Based on the 2019 NCAA GOALS study.*
**Division I**
The activities listed below do not count toward a team or student-athlete’s countable athletically related activities limit.

- Academic meetings.
- Nutritionist sessions.
- Media activities.
- Injury treatment/prevention.
- College-bound student-athlete host duties.
- Community service.
- Sports psychologist sessions.
- Team fundraising.
- Compliance meetings.

**Game Day**
During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport.

*Based on a 2015 survey of Division I student-athletes.

**Division II**
The activities listed below do not count toward a team or student-athlete’s countable athletically related activities limit.

- Academic meetings.
- Injury treatment/prevention.
- College-bound student-athlete host duties.
- Team fundraising.
- Community engagement.
- Compliance meetings.
- Study hall.
- Social activities.
- Professional development.

**Participation**
1 in every 7.8 Division II student-athletes will participate in an NCAA championship during their college experience.

**Division III**
NCAA rules allow athletically related activities to occur only during your sport’s declared playing season. Check with the compliance office at the NCAA school you may attend for more information. The Division III experience includes:

- Academics.
- Competition.
- Compliance meetings.
- Film review.
- Injury treatment and prevention.
- Internship/externship.
- Leadership.
- Practice.
- Strength and conditioning.
- Team fundraising.
- Teamwork.
- Time management.
- Work.

**Division III** student-athletes note their athletics experience did not hinder their academic and cocurricular pursuits. In fact, it had a positive effect on their collegiate experience.

- 68% involved in an internship/externship
- 24% have or will study abroad
- 67% think it’s likely they will attend graduate school
- 44% have a job and work a median of eight hours per week

*Based on the 2019 NCAA GOALS study.

**Division III**

- 1/3 of Division II student-athletes work nine hours per week on average during the academic year.

*Based on the 2019 NCAA GOALS study.

1/3 of Division II student-athletes work nine hours per week on average during the academic year.

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