

Finding BALANCE through TIME MANAGEMENT

According to NCAA research, the biggest thing that student-athletes would want to change about their college experience is more TIME![6]

In Season -- NCAA Division I Student-Athletes spend a median of ***34 hours/week*** on athletics and ***38.5 hours/week*** on academics.[4]



TIPS FOR TIME MANAGEMENT[1]

- Keep running to-do lists with time constraints.
- Maintain accountability by allocating certain times for specific tasks such as practice, homework, rest, and socializing.
- Be aware of what is on the horizon; use a calendar to mark important dates so that nothing sneaks up on you.
- Turn notifications off. Reducing distractions allows you to focus more on the task at hand.
- Utilize continual study of course material over time as a way to prevent the need for "cramming" prior to exams.

Remember that time management is a skill that can be improved with practice, such as the perfect serve or winning shot!

81% of NCAA Division I student-athletes believe that their college athletics experience has had a positive effect on their time management skills.[4]





RESOURCES

53% of college students reported feeling overwhelmed in the last two weeks about what they had to do.[3] If you're totally stressed out, you're not alone and UVA has plenty of resources that want to help:

UVA Sports Psychologists in McCue:
Jason Freeman | jf4z@virginia.edu

Karen Egan | kpe4q@virginia.edu

UVA Athletics Office of Academic Affairs -- Cavalier Support Team (CAST), including your team's Academic Coordinator

1. UVA Athletics Department, Kate Stephensen & T.J. Grams
2. VCU Student Health Services Fact Sheet
3. ACHA National College Health Assessment, Spring 2015
4. 2015 NCAA GOALS Study: 21,233 student-athlete responses
5. Spring 2015 Health Survey: 931 UVA student responses
6. NCAA Research: using NCAA Data to Understand the Student-Athlete Context, February 2016

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