Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition, and everything in between, the student-athlete’s schedule is busy. Know what awaits when you step foot on campus.

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

Did you know?
These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.

![Competition](image)

Did you know?
These activities do not count toward a team or student-athlete’s countable athletically related activities limit.

![Academics](image)

![Athletics](image)

![Socializing](image)

![Other](image)

![Strength and conditioning](image)

![Supplemental workouts](image)

![Film review](image)

![Strength and conditioning](image)

![Supplemental workouts](image)

![Film review](image)

Time spent on activities per week

*Median figures, collected from the 2019 NCAA GOALS study.

![168 hours](image)

- 37 Academics
- 31 Athletics
- 15.5 Socializing
- 84.5 Other (e.g., sleep, job and extracurriculars)

Did you know?
63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in a NCAA championship during their college experience.

One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

*Based on the 2019 NCAA GOALS study.