Time Management
What Division III 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.

Division III student-athlete’s time each week
(numbers listed in hours)

- 40% Academics
- 28% Athletics
- 15.5% Socializing
- 84.5% Other (e.g., sleep, extracurricular)

Did you know?
Division III student-athletes note their athletics experience did not hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)

- 24% Have or will study abroad
- 44% Have a job and work a median of 8 hours per week
- 66% Involved in an internship/externship
- 67% Think it’s likely they will attend graduate school

Division III student-athletes report spending one day a week away from campus.
*Median amount; based on 2019 NCAA GOALS study.

Half of Division III 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.

The Division III experience includes:

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