DIII 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.

The Division III experience includes:

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.

Time spent on activities per week
(numbers listed in hours)

- Academics: 40 hours
- Athletics: 84.5 hours
- Socializing: 28 hours
- Other (e.g., sleep, job, extracurriculars): 15.5 hours

Division III student-athletes report spending one day a week away from campus.

*Median amount; based on 2015 NCAA GOALS study.

50% 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 2015 NCAA GOALS study.

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)

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

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