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 Academic
- 168 Total
- 28 Athletics
- 84.5 Other (e.g., sleep, extracurricular)
- 15.5 Socializing

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

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

Gone for a DAY

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

*MEDIAN AMOUNT; BASED ON 2019 NCAA GOALS STUDY.
Questions to Ask

While you are on a campus visit, consider asking the following questions about time expectations.

- How would the time demands of being on the team impact my academics?
- How do student-athletes pursue interests outside athletics (e.g., internships, externships, study-abroad experiences, community service, etc.)?
- What does a typical day or week look like when the sport is in season?
- What does typical team travel look like (e.g., duration of trip, missed class time)?
- If I wanted to, would I have time to practice and compete in a second sport?
- What are the additional requirements or expectations of being on the team that I may not be aware of (e.g., team fundraisers, community service, alumni relations, etc.)?
- What accommodations are made on campus before an away contest/trip?
- What are the team’s policies on missed practices and what is the institution’s policy on missed classes?
- What resources are available to help with my time management?
- What resources are available to help me succeed academically?
- Does being on the team impact pursuing any specific majors?

Remember
Division III playing and practice season limits (18 or 19 weeks in length) allow student-athletes to excel academically and athletically, and in co-curricular/leadership activities (e.g., campus organizations, community service).