

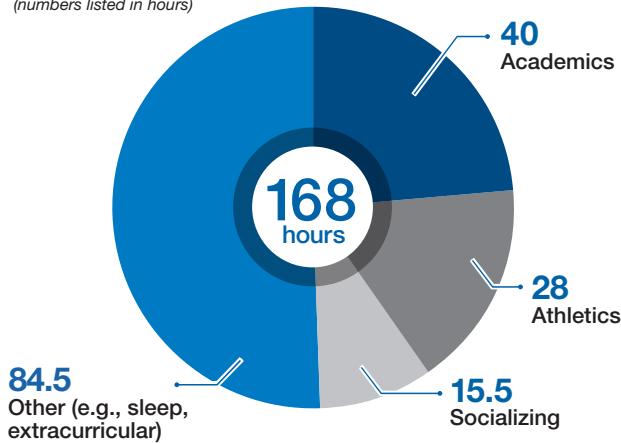
Time Management

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)



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



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?
- ▶ 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)?
- ▶ 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?
- ▶ Does being on the team impact pursuing any specific majors?
- ▶ How do student-athletes pursue interests outside athletics (e.g., internships, externships, study-abroad experiences, community service, etc.)?
- ▶ 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 resources are available to help with my time management?
- ▶ What resources are available to help me succeed academically?

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).