



# Finding **BALANCE** through **TIME MANAGEMENT**

According to NCAA research, the biggest thing that student-athletes would want to change about their college experience is more **TIME!**<sup>6</sup>

In Season -- NCAA Division I Student-Athletes spend a median of **34 hours/week** on athletics and **38.5 hours/week** on academics.<sup>4</sup>



## TIPS FOR TIME MANAGEMENT'




- Keep running to-do lists with time constraints.
- Maintain accountability by allocating certain times for specific tasks such as practice, homework, rest, and socializing.
- Be aware of what is on the horizon; use a calendar to mark important dates so that nothing sneaks up on you.
- Turn notifications off. Reducing distractions allows you to focus more on the task at hand.
- Utilize continual study of course material over time as a way to prevent the need for “cramming” prior to exams.



**Remember that time management is a skill that can be improved with practice, such as the perfect serve or winning shot!**

**81% of NCAA Division I student-athletes believe that their college athletics experience has had a positive effect on their time management skills.<sup>4</sup>**




## RESOURCES

53% of college students reported feeling overwhelmed in the last two weeks about what they had to do.<sup>3</sup> If you're totally stressed out, you're not alone and UVA has plenty of resources that want to help:

**UVA Sports Psychologists in McCue:**  
Jason Freeman | [jf4z@virginia.edu](mailto:jf4z@virginia.edu)

Karen Egan | [kpe4q@virginia.edu](mailto:kpe4q@virginia.edu)

UVA Athletics Office of Academic Affairs -- Cavalier Support Team (CAST), including your team's Academic Coordinator



1. UVA Athletics Department, Kate Stephensen & T.J. Grams  
2. VCU Student Health Services Fact Sheet  
3. ACHA National College Health Assessment, Spring 2015  
4. 2015 NCAA GOALS Study: 21,233 student-athlete responses  
5. Spring 2015 Health Survey: 931 UVA student responses  
6. NCAA Research: using NCAA Data to Understand the Student-Athlete Context, February 2016

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