Background

The purpose of this study was to benchmark Texas A&M students’ experience with time management.

498 out of 741 participants completed the web-based survey for a response rate of 67%.

Results

Do you have a system for time management?
• 45% have a time management system (Examples provided by students included formal planners, following a routine, making to-do lists)

Have you ever attended a time management workshop?
• 12% had attended a workshop

On average, how many hours per week do you spend doing the following? Please round your responses to the nearest whole hour.
• Sleeping—50 hours per week
• Attending Class—16 hours per week
• Studying—15 hours per week
• Socializing/Recreation—14 hours per week
• Eating—12 hours per week
• Exercising—4 hours per week
• Religious activities—2 hours per week
• Volunteering—1 hour per week

Please indicate how often you do the following:
[Frequently, Sometimes, Never]
• 51% said they frequently multi-task
• 43% said they frequently procrastinate when they have an academic task to complete
• 38% said they frequently feel overwhelmed by all they need to accomplish
• 20% said they frequently procrastinate when they have a non-academic task to complete
• 11% said they frequently turn in academic work that does not reflect their best effort

Please indicate your agreement to the following statements:
[Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree]
• 67% agreed or strongly agreed that There is not enough time in the day to complete all I want to do
• 66% agreed or strongly agreed that The busier I am, the more I accomplish
• 50% agreed or strongly agreed that Overall, I manage my time well
• 48% agreed or strongly agreed that I like working under time pressure
• 44% agreed or strongly agreed that I spend enough time on academics to make the grades I want

Demographic Differences

GENDER
• 50% of females said they had a system for time management compared to 37% of males
• 80% of females said they prioritize and plan their activities on a weekly basis compared to 54% of males
• 91% of females said they frequently or sometimes “Feel overwhelmed by what you need to accomplish” compared to 78% of males

CLASSIFICATION
• For the statement “I have a habit/plan that allows me to study each one of my classes at least one or two times every week of the semester”:
  o 50% of freshmen agreed
  o 44% of sophomores agreed
  o 49% of juniors agreed
  o 39% of seniors agreed
• For the statement “I spend enough time on academics to make the grades I want”:
  o 35% of freshmen agreed
  o 40% of sophomores agreed
  o 38% of juniors agreed
  o 55% of seniors agreed

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For a complete report, please visit the Student Life Studies web page