
How College Students Spend their Time

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UCLA's Higher Education Research Institute recently conducted a survey of students in their first year of college. The survey was taken in spring of 2009 by over 25,000 first year college students. Questions were designed to analyze the academic and personal development progress of students through their first year in college.

Obviously there is a big change going from high school to college. This survey takes a look at the multiple aspects students face when going through this adjustment phase. Among them is time management.

In the transition from high school to college, first year students have found themselves spending much more time studying and doing homework. However, these students are still able to find a balance between academics and extracurricular activities, as nearly 80% of those surveyed agreed so.

Students were asked how much time they spent per week on various activities. Here is what the majority of those surveyed reported:

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Activity	Hours per week
Attending Classes	11-15 hours
Studying/homework	6-10 hours
Socializing with Friends	6-10 hours
Exercising/Sports	3-5 hours
Social Networks (facebook)	3-5 hours
Partying	3-5 hours
Watching TV	1-2 hours
Talking w Professors outside of class	