

The Importance of Learning Time Management Skills as a College Athlete



orderoochaos.com - info@orderoochaos.com - 914.315.9282

Learning Time Management Skills as a College Athlete is More Essential Than Ever Before!

Having worked with thousands of students over the last two decades, we know first-hand that time management is a **KEY** component of any college student's success. Especially for student athletes. And even more so for those with ADHD & Executive Functioning challenges. From classes to competition and everything in between, the student athlete has commitments year-round. Which means time management skills are **CRITICAL** to their success.

Given one of our core mantras is **“You Need to See Time to Be Able to Manage It,”** we thought it helpful to see, according to the NCAA, how collegiate athletes spend their time over the course of a week (168 hours).

Division I

85 Other (e.g., sleep, job, extracurriculars)	14.5 Socializing	35.5 Academics	33 Athletics
--	---------------------	-------------------	-----------------

Division II

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	37 Academics	31 Athletics
--	---------------------	-----------------	-----------------

Division III

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	40 Academics	28 Athletics
--	---------------------	-----------------	-----------------

**Medians collected from the 2019 NCAA GOALS study.*

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/Time_Management_DI_DII_DIII.pdf

And you know what? For many of these young people, being an athlete is a year-round gig! Check out the percentage of student-athletes who said they spend as much **OR** more time on athletics during the offseason as during their competitive season:

67%

of Division I student-athletes

63%

of Division II student-athletes

47%

of Division III student-athletes

**Based on the 2019 NCAA GOALS study.*

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/Time_Management_DI_DII_DIII.pdf

Bottom Line? Being a college athlete is a major year-round commitment that requires the same level of skill to manage your time as it does to make the winning shot. And for athletes with ADHD and Executive Functioning challenges, being coached on time management skills needs to be an integral part of their playbook!

**To view all of our
educational books, videos, and
downloads, please visit:
shop.orderoochaos.com.**



orderoochaos.com - info@orderoochaos.com - 914.315.9282