

Investigating the Link Between Time Management, Academic Success, and Sleep among City College Students

By: Jade Amador, Camille Carrasco, Dalila Grant, and Malik Hyman

INTRODUCTION

City College students encounter a wide range of challenges that affect their academic performance. Mastering time management is pivotal in maintaining a well-balanced lifestyle, encompassing daily tasks, responsibilities, and personal wellness. In this study, we explore the relationship between time management skills and their influence on academic performance and sleep quality among CCNY students. We aim to identify specific time management factors, such as study habits, phone and social media usage, and scheduling/commute time, that contribute to academic success and optimal sleep patterns.

Our hypothesis suggests that students who adequately manage their time will experience enhanced academic performance and a more regulated sleep schedule compared to those who struggle with time management.

METHODS

Google Workspace Survey Software:

- 16 question survey
 - General Demographic information
 - Chosen majors
 - GPA
 - Study habits
 - average sleep duration
- Anonymous
- Data analysis feature
 - Data organized into pie charts
- Target Group
 - CCNY Undergrad Students
- Independent variables: Time Management
- Dependent variables: Academic Performance and amount of sleep

RESULTS

Select the GPA range that best applies to you this semester?

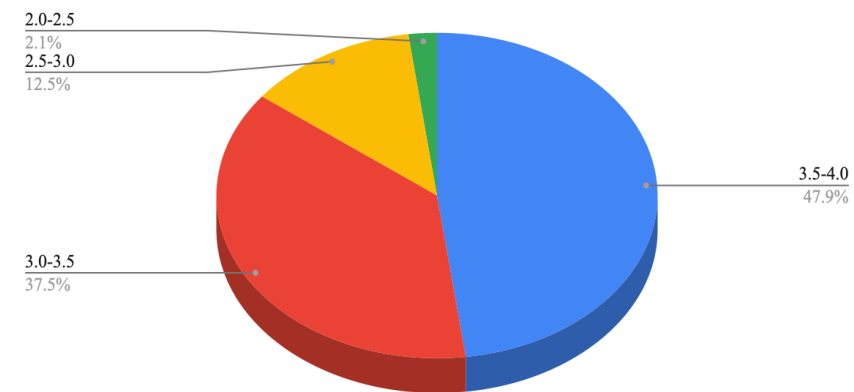


Figure 1: The pie chart shows the self-reported cumulative GPA range.

How much time on average do you need to dedicate each day on homework/Studying?

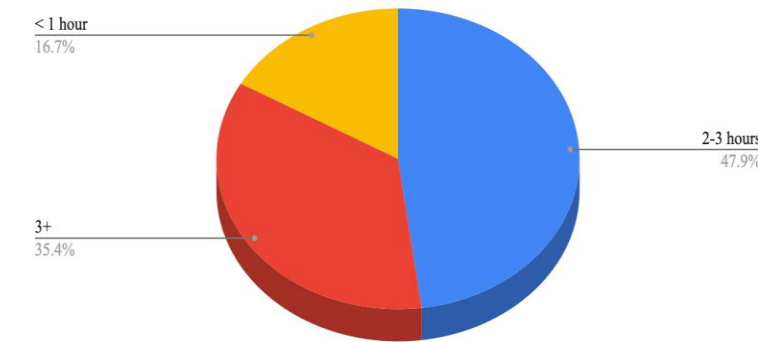


Figure 2: The pie chart shows the average amount of time, in hours, that students spend each day studying and/or completing homework.

On average how many hours of sleep do you get each night?

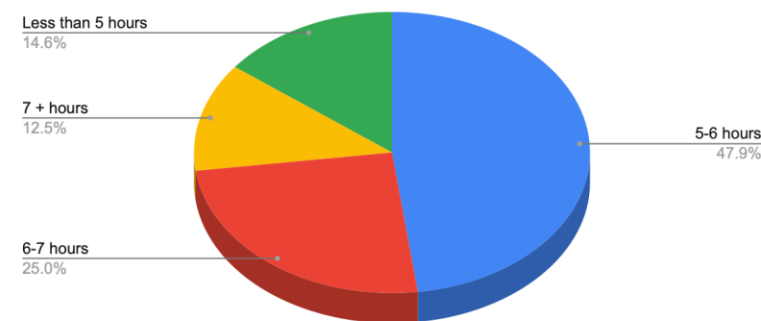


Figure 3: The pie chart shows the reported amounts of sleep, in hours, participants receive on average each night.

- After conducting the study, as reflected in Fig. 1, 85.4% percent of students had a 3.0-4.0 GPA and 14.6 % of students had a 2.5-3.0 GPA.
- Additionally, as seen in Fig. 2, 16.7% of students spent less than one hour studying each day, 47.9% of students spend two to three hours studying, and 35.4% of students spend more than three hours studying.
- Lastly, Fig. 3 shows that 72.9% of students recorded five to seven hours of sleep, 14.6% of students slept less than five hours and 12.5% responded getting more than seven hours of sleep each night.

DISCUSSION

- Our data shows that effective time management allows students to perform academically well while obtaining adequate amounts of sleep.
- Despite receiving 5-6 hours of sleep, 47.9% of students have a GPA between 3.5- 4.0 and approximately 37.5% had a GPA of 3.0 - 3.5.

Limitations

- Time Constraint
- Small Sample Size
- Majority of participants were biomedical majors and/or students enrolled in The Sophie Davis Program
 - Skewing towards a high GPA
- Report Bias: Students could have underestimated or overestimated their answers giving in accurate data

Future Research

- Quality of Sleep vs. Academic Performance
- Good quality sleep may influence an individual's ability to retain information for longer periods of time
- Quality triumphs duration of sleep