

# DII Time Management

## What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

### What takes up a Division II student-athlete's time?

These are considered countable athletically related activities (CARA).

NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.

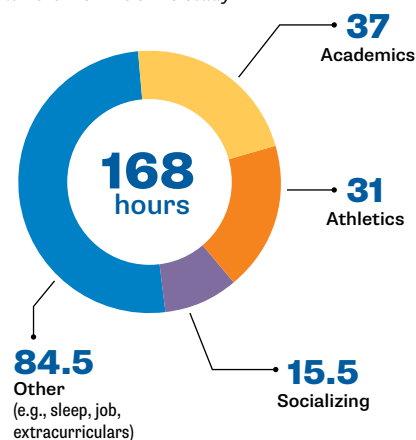


These activities do not count toward a team or student-athlete's countable athletically related activities limit.



### Time spent on activities per week

(numbers listed in hours)  
\*Median figures, collected from the 2019 NCAA GOALS study.



**63%** of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

\*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in an NCAA championship during their college experience.



**1/3** of Division II student-athletes work during the academic year for about nine hours per week on average.

\*Based on the 2019 NCAA GOALS study.