

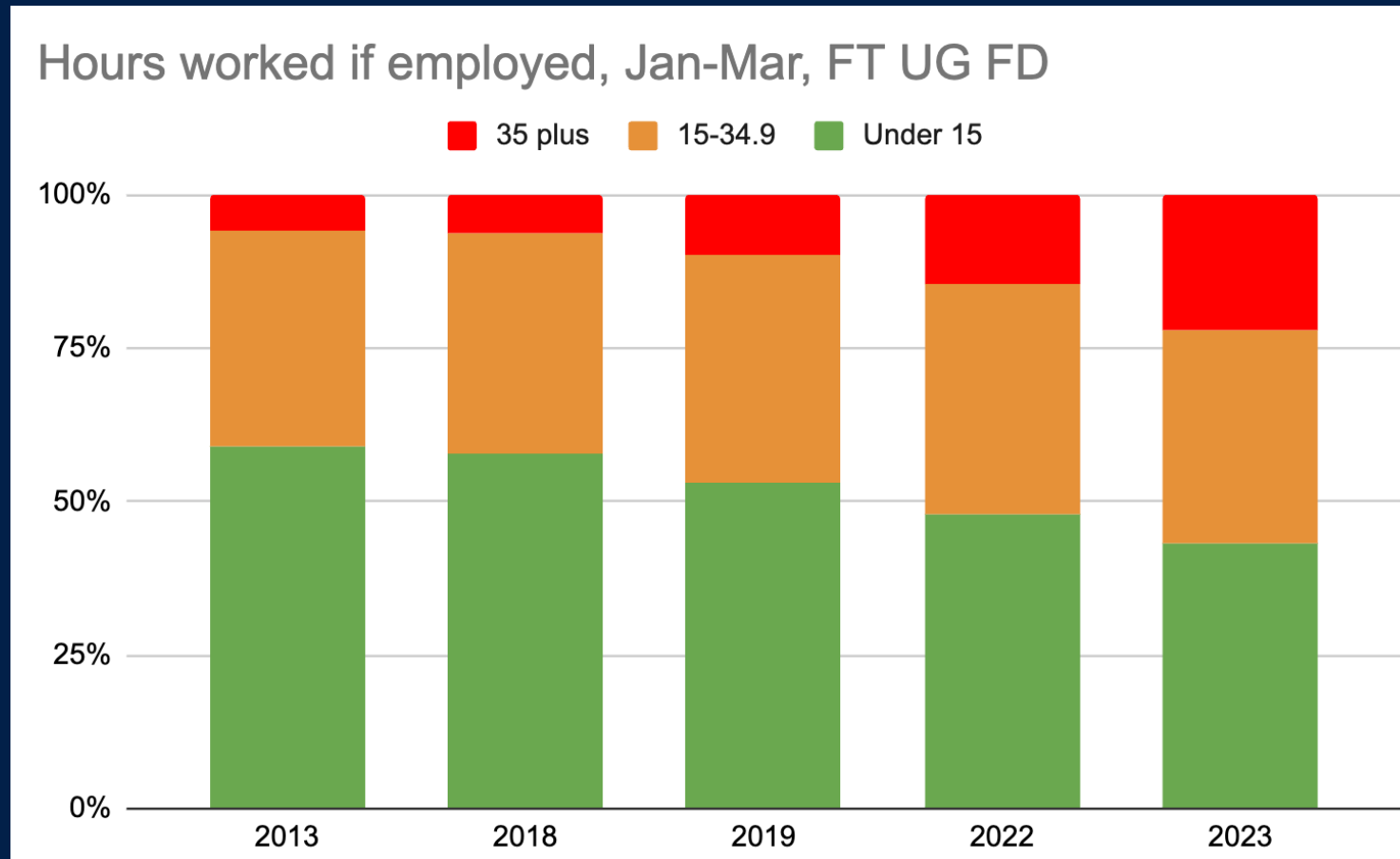
WHAT DO WE KNOW ABOUT WHAT'S SHAPING HOW STUDENTS SPEND THEIR TIME?

LIVIA SCOTT



By Cibyl & Wonkhe

Burdens



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Burdens

Average study time	Burden time
1-10	13.6
11-20	12.9
21-30	12.4
31-40	11.8

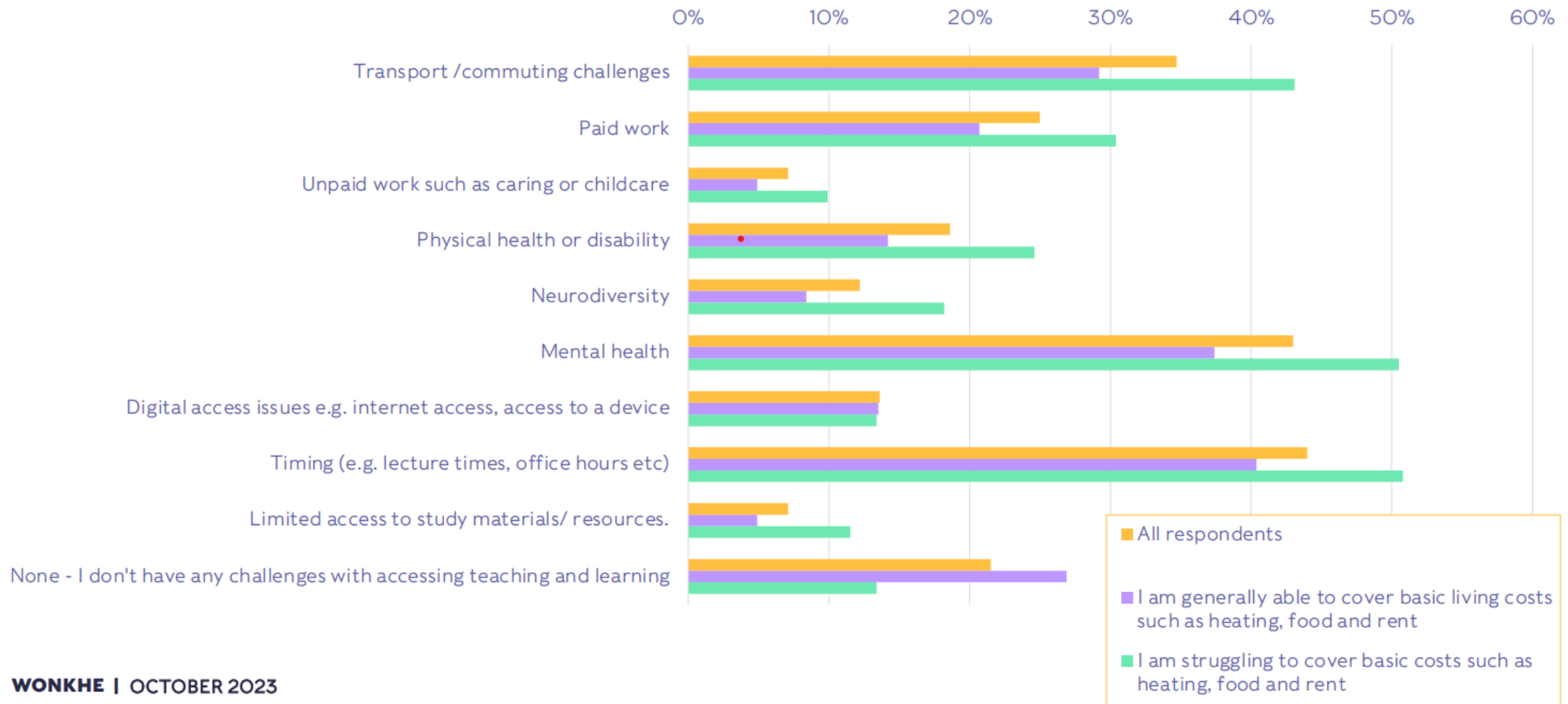
Why work matters

- We know students are undertaking paid work (45.6 per cent)
- Mature students more likely to say struggle to meet basic living costs – 58.3 per cent vs 20.9 percent under 23
- Also higher amongst Disabled students
- Clear links between access to learning, confidence academically and whether you feel you can meet costs



By Cibyl & Wonkhe

Which of these things regularly impact on your ability to access your teaching or learning (on campus or online)?



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Burdens

Average PT work	Average travel pw
0	3.4
1-10	4.4
11-20	6.4
21-30	7.1
31-40	7.6

Burdens

- Add up work and travel, and in our sample, students with a job of 15 hours or less spend about 13 hours travelling and working
- Those working more than 16 hours a week are spending almost 32 hours a week travelling and working – time that would otherwise be spent on personal care, social activity, study or sleep.
- Work and travel impacts study time somewhat, but impacts study time efficacy a lot



By Cibyl & Wonkhe

Sleep and M/H

Hours sleep a night	Avg life satisfaction
5 - 5.9	5.8
6 - 6.9	6.2
7 - 7.9	6.5
8 - 8.9	6.9

Sleep and M/H

Hours sleep a night	Avg anxious
5 - 5.9	5.9
6 - 6.9	5.9
7 - 7.9	4.7
8 - 8.9	4.7

Getting more sleep

- Students recognise their need for more sleep and express a desire to improve their sleep habits.
- Academic deadlines and workload are major contributors to sleep deprivation.
- Balancing jobs and studies further cuts into sleep time.
- Lack of sleep is linked to feelings of being overwhelmed and negatively impacts academic performance.
- Students don't solely blame universities or the government but highlight a need for support in managing responsibilities.
- Stress from poor time management is identified as a cause of exhaustion; students suggest prioritising tasks and relaxation techniques.
- Irregular timetables contribute to disrupted sleep patterns
- Students are interested in support beyond academic advice, such as workshops on sleep improvement and healthy lifestyle habits.
- The availability of spaces on campus for relaxation and napping could benefit students' well-being.



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The time problem

- Students consistently report challenges with public transport's reliability and frequency, impacting their punctuality and success.
- The high cost of travel emerges as a critical concern.
- Accommodation distance from university or workplaces is problematic.
- Employment opportunities that accommodate academic schedules are in demand.
- Financial pressures are acute, yet students prefer empowerment over charity.
- Structural interventions are deemed necessary to ease student burdens.
- A holistic approach to student support (and understanding of and empathy with the problem) suggested, beyond merely financial aid
- Anything that makes time they do spend on academic work more efficient (i.e. AI) is being considered



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An agenda on student time

- Time management approaches won't help much
- More dependable buses and empathy from the service providers.
- Proposals for free or heavily discounted bus services for university students are common.
- More conveniently located housing or satellite study locations to save time and improve study focus.
- More flexible jobs, working with employers
- Advocacy for higher minimum wages and the ability to work more hours.
- Difficulty in finding local jobs and a desire for more university-based employment opportunities.
- More opportunities in the early evening (day and night both a problem)



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