



# How Has COVID-19 Affected Students' Time Management?

In the Fall of 2020, in the midst of the COVID 19 pandemic, over 5,000 University of Kentucky undergraduate students were surveyed to learn more about the nature of teaching and learning during this global educational phenomenon. This sheet contains preliminary data and student comments from this research study.

## What advice do students have for future students taking this course?

Reflecting on the fall semester, 20% of students' open-ended responses to this question suggested that time management was key to academic success during a pandemic and beyond. Some representative comments are shared below.



### Start Off Strong

"Go hard at the beginning of the semester, & give yourself some room to mess up at the end... making sure you're ahead of the game at the beginning of the semester really helps set up the rest of the semester."



### Give Yourself Time

"Give yourself plenty of time...if you wait until the day of... you will be rushing and not actually retaining anything. If you have questions, you can come to Zoom meetings prepared... I did not and I regret it FULLY."



### 30 Minutes Each Day

"The assignments in this class are very manageable if you don't procrastinate. Taking 30 minutes each day to watch one lecture or do one assignment will ensure you get all of your weekly tasks done, stay on track, and do well on the exams."



### Follow Class Schedule

Stay on track and watch lecture videos on the days you're supposed to (like you would if you attended class in person), otherwise you are going to fall behind and end up having to watch 5 or 6 lecture videos at a time the night before a test.

## What do the data show?

Students who turned in less than half of their assignments on time earned a D+ as their average final grade.



Students who turned in all assignments on time earned a B+ as their average final grade.



## What study strategies work best if my time is limited?

→ **Self-Quizzing**  
 Rather than simply re-reading a text, take some time to pause periodically and ask yourself questions like "What are the key ideas? When do they apply? How would I define them? How do the ideas relate to what I already know (Brown et al., 2014, p.201)?"

→ **Mix It Up**  
 Mix in practice of other subjects and skills when you set aside time to study rather than focusing on a single subject or problem type (Brown, et al., 2014).

→ **Periodic Practice**  
 Create a schedule for self-quizzing that allows time to elapse between study sessions [a little time spent every day] and quiz yourself over new and previous material. Anything you want to remember must be periodically recalled from memory (Brown et al., 20pp. 203-204).

*Brown, P.C., Roediger III, H.L., & McDaniel, M.A. (2014). Make it stick. Cambridge, MA: Harvard University Press.*