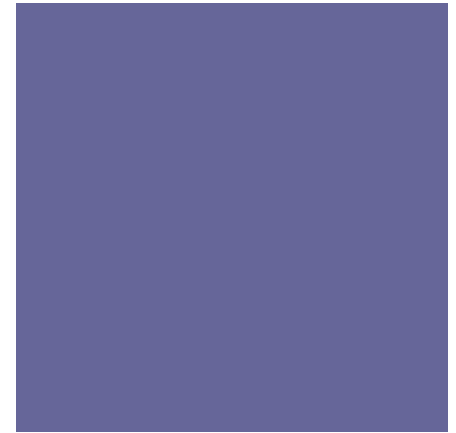




Student time usage during Fall Reading Week

Dr. Ken Cramer
Rebecca Pschibul
Nilo Tavares



An analysis of perceived stress, university
workload, and recreation



What is Reading Week?



- A study week at some Canadian institutions
- Usually falls in between mid-term exams
- During the week of Canadian Thanksgiving and Family Day, respectively



The Study



- 420 UWindsor undergraduates
- Most Ps were female social science students
- Metric Wire Research App
- Surveys
 - Demographics, coping, personality
 - Daily surveys
 - Plans for Reading Week and recap
 - January Reading Week recap

+ Daily Survey



- 3 random push notifications per day
 - Morning, afternoon, evening
 - Each expired after 1 hour
 - Incentive: each entry awarded a ballot in a draw
- 20-second survey with short answer and sliding scales

A black smartphone mockup displaying a survey interface. The screen has a yellow background. At the top, a dark grey header contains the text "Tell us about yourself at this very". Below this, a white speech bubble contains the question "1. Briefly describe what you were doing moments before being prompted to complete this survey:". Underneath the speech bubble is a text input field with the placeholder "Enter your response". Below the input field is another white speech bubble containing the word "Answer". At the bottom of the screen, there is a dark grey navigation bar with three buttons: "Back", "Answer" (highlighted in green), and "Skip". The iPhone home button is visible at the very bottom.

Tell us about yourself at this very

1. Briefly describe what you were doing moments before being prompted to complete this survey:

Enter your response

Answer

Back Answer Skip



Tell us about yourself at this very

2. Indicate your current university workload using the following scale:

Click the bar below to select. Click again or drag to change your choice.

6

1=Very low 10=Very high

Back Answer Skip



Tell us about yourself at this very

4. Indicate the extent to which your current activity is recreational:

Click the bar below to select. Click again or drag to change your choice.

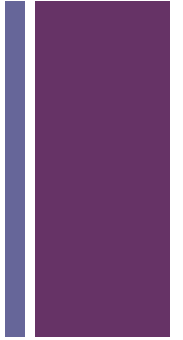
6

1=Not recreational 10=Very recreational

Back Answer Skip



Reading Week plans and recap



- Plans for Reading Week
- Planned percentages for working, studying, recreating
- How students actually spent FRW



< Tell us about your plans for

2. Please indicate the percentages (out of 100%) to which you are planning to engage in the following activities: a) working, b) studying, c) vacationing, and d) engaging in recreational activities.

Enter your response

Answer

Back Answer Skip



< Reading Week Recap

1. In a few sentences, please indicate how (in general) you spent your Fall Reading Week.

Enter your response

Answer

Back Answer Skip

A black smartphone mockup is centered in the image. The screen displays a survey titled "Reading Week Recap" with a back arrow on the left. The survey question is "1. In a few sentences, please indicate how (in general) you spent your Fall Reading Week." Below the question is a text input field with the placeholder "Enter your response". Underneath the input field is a white button labeled "Answer". At the bottom of the screen is a navigation bar with three buttons: "Back", "Answer" (highlighted in green), and "Skip". The iPhone home button is visible at the very bottom.

+ January recap



- Looking back on Fall Reading Week
- Any changes planned for Winter Reading Week?



< Reading Week Follow-up

Overall, for the Fall 2015 semester, how satisfied were you with your academic performance?

Click the bar below to select. Click again or drag to change your choice.

6

Very unsatisfied=1 10=Very satisfied

Back Answer Skip



< Reading Week Follow-up

If you could retake the Fall 2015 Reading Week, to what extent would you make changes in regards to your schoolwork?

Click the bar below to select. Click again or drag to change your choice.

5=No change

Much less 9=Much more
schoolwork=1 schoolwork

Back Answer Skip

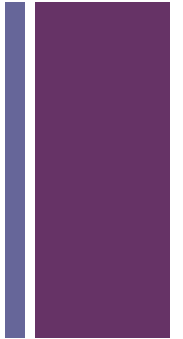


The analysis



- Stepwise multiple regression analysis
- AIM: to predict student stress after FRW
- Predictor variables:
 - Stress before/during FRW
 - Workload before/during/after FRW
 - Recreation before/during/after FRW
- Regression model explained almost 50% of the variance using a cocktail of predictor variables
- No significant sex differences

+ Findings



■ Stress after FRW was higher....

- When stress was high during FRW
- When university workload was high after FRW
- When university workload was higher before FRW
- When stress before FRW was high

AND

- When students recreated during FRW

+ Implications

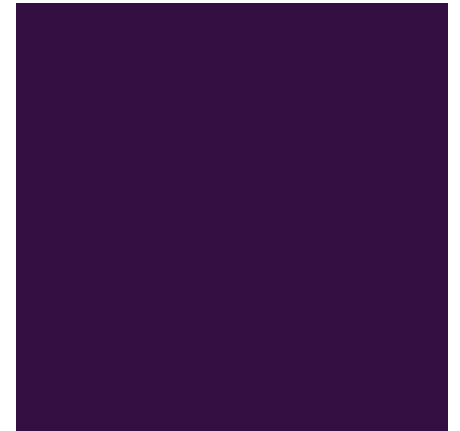
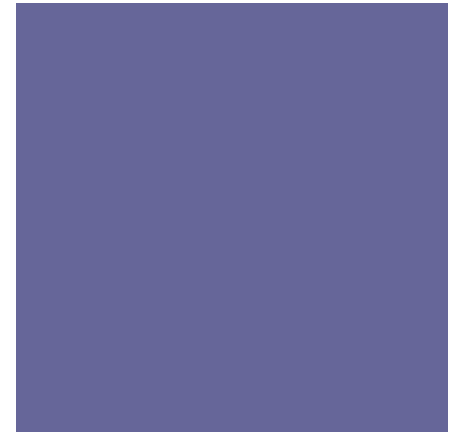


- Potential transform students into more productive, efficient individuals who are better equipped to deal with stressful situations in and beyond their academic careers
- Finding the balance between studying and recreating
- Need to train students on effective time usage and study techniques
- Encourage help-seeking behaviours among students



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Thank you