



Figure Two: Activities for which median reported time use is 1-5 or zero hours per week

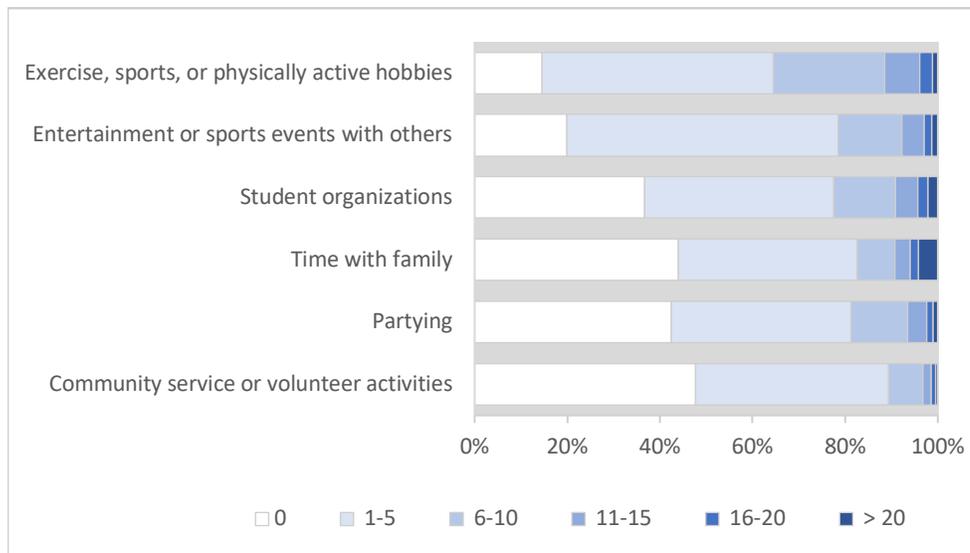


Figure Two presents activities for which the median student response was either zero or 1-5 hours per week, identifying activities for which a greater number of students are likely to report relatively little or no participation. For example, more than half of students report participating in exercise, sports, or physically active hobbies 1-5 hours per week, and 15% report zero hours per week.

Approximately one-third of students report participating in community service, student organizations, or time with family 1-5 hours per week, while a slightly greater number of students report zero hours per week in each of these activities. Over 42% report zero hours of partying per week; 39% report 1-5 hours per week.

When asked to estimate their amount of time sleeping, well over half of students reported an average of 7-8 hours (or more) per weeknight (Figure Three); 39% reported an average of 5-6 hours. Only a few reported higher or lower average levels of sleep per weeknight.

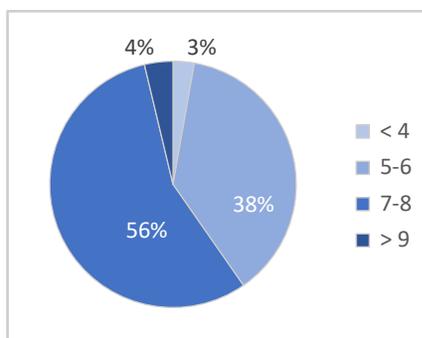
### Continuity and Change

Since the university first administered SERU in 2013, the reported amount of time in class and in academic activities outside of class has remained consistent. These two categories have consistently remained the most frequently reported use of student time by far.

The percentage of students who report having jobs has increased from just over 60% to nearly 70%, and fewer report taking part in exercise, sports, or physically active hobbies. The 42% who report zero hours of partying per week represents an increase from just over one-third in 2013.

These patterns represent the student population as a whole. Individual student experiences may vary significantly, but these patterns help demonstrate how typical particular student experiences are in comparison to experiences of the student population as a whole.

Figure Three: Percent of students indicating average hours of sleep per weeknight



Sample invitation to complete the SERU survey:

TELL US

### Student Voices Make a Difference

The University of Iowa has over 24,000 undergraduates, in more than 100 different fields of study, and we want to know what each of you thinks.

Tell us by taking a survey that lets us hear from all of you – about your classes, your major, life as a student here, and your overall experience at UI. When we hear from you, *everybody* benefits.

### Digging Deeper

This *Brief* provides a snapshot of responses to just a few SERU questions. Other sections of SERU address a wide range of topics, including:

- o satisfaction and interaction with faculty
- o perceptions of majors
- o future plans
- o student financial concerns
- o perceptions of their learning and development
- o climate for diversity
- o community involvement
- o reflections on their most meaningful learning experience at UI

The full survey is online at [uiowa.edu/seru](http://uiowa.edu/seru)

To view student responses to other SERU questions, or to explore responses by college, major, class level, or other demographic variables, contact [seru@uiowa.edu](mailto:seru@uiowa.edu)