

# **Picking the Time that Works for Students**



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# Executive Summary

*Year Up is a vigorous program that requires a lot of time commitment from students, both during the class portion and after schoolwork. As such, it is hard to balance school and personal life. This balance makes it hard for students to get adequate sleep every night – especially when they have to be up and ready early in the morning.*

*A solution to this would be to push back the class start time by an hour to 9:30 AM. This will help students get more sleep, get more time to get ready, and get to class on time.*

# *Introductions*

In a poll for Year Up students , 60.7% of students said class time should be pushed back to 9:30 AM. Could this be a factor in discouraging future students to enroll in the program and affect current student's productivity?

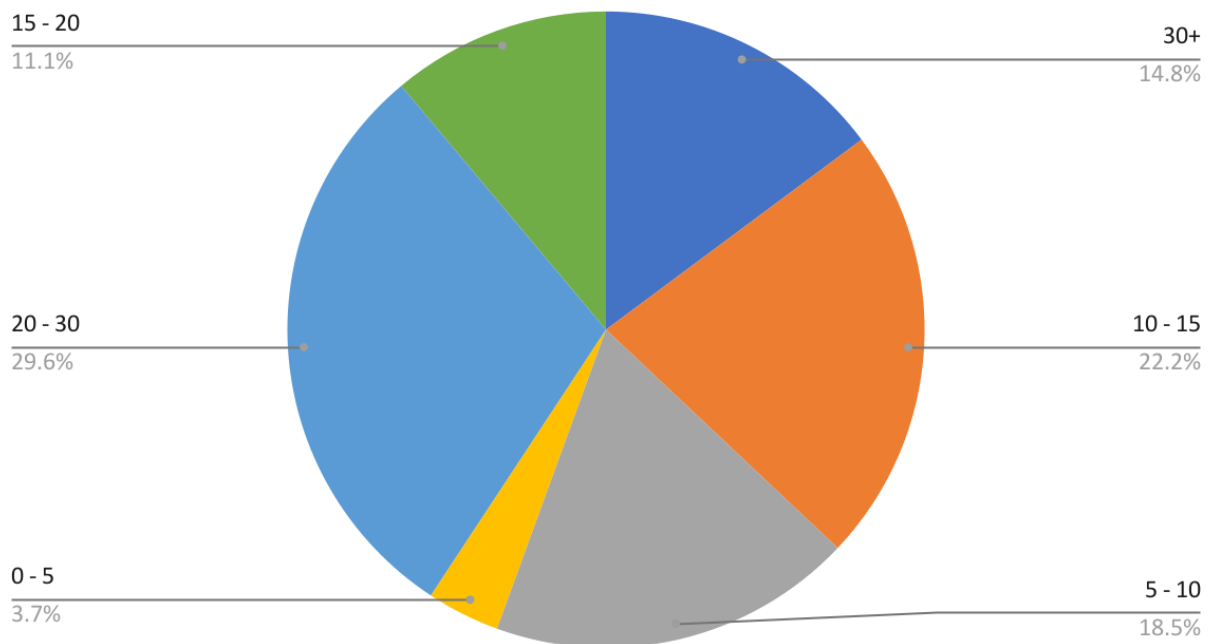
What are the factors? The first one is sleep deprivation. The program's intensity can create sleep deprivation in the students which causes difficulties with early morning classes. According to researchers, sleep deprivation is like alcohol in its effect on judgment, reaction time, and driving skills. Another factor is heavy traffic in the early morning. Trying to be somewhere on time in the city's heavy traffic can lead to accidents and it can be discouraging for students to attend class. These factors will push students to drop morning courses or decrease their productivity. So how can Year Up improve morning class schedules and make them more suitable for students? Does this improve the program's ability to attract more students?

# Discussion

A research was conducted in a frontiers article where they changed the school start time from 8:50 am to 10:00 am to assess the changes in student's absences. Illness rates and academic success were significantly higher two years after changing the start time to 10:00 am. "Student success in year 2 is 52% compared to 34% for Year 0" (Kelly, 2017, pg.7). This report is advocating for a 9:30 am start time, rather than the current start time of 8:30 am at Year Up. This is something that should be addressed for the growth of Year Up where students' performance reflects the credibility and appeal of the program to people who are looking to enroll.

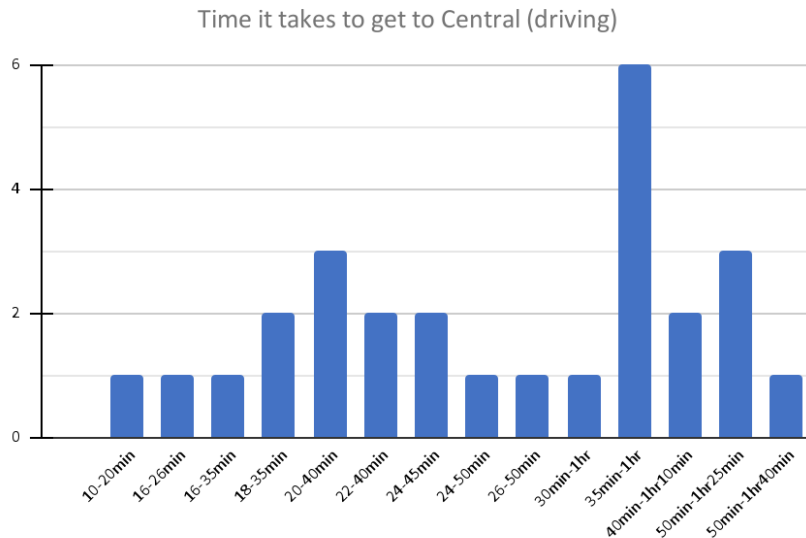
Eventually, the Year Up program will be back full-time in person. However, as it stands now students still need to attend the campus every Friday at 8:30 am. Depending on how bad traffic is and where students live, many students have to wake up hours prior to class start time to get to school on time. In a survey conducted for this report, the data shows that the average distance by miles that current Year Up students have to travel to get to campus is 18.4 mi, with a max of 34.6 mi and min of 8 mi.

Distance to Seattle Central (mi)



This pie chart shows that a majority of students live more than 20 miles away from campus. When adding the percentage of students that live 20 to 30 miles from campus with the percentage of those that live more than 30 miles, the percentage overall is 44.4%. This ties in with why students should have a later start because data about how long it takes people to arrive at school can be extrapolated.

The zip codes Year Up students provided for the survey gives an estimate of where they live and that can be used to infer how long it will take for them to get to school. Data from Google maps was used to gather how long it would take for students to get from their area to the college on time at 8:30 am. The following data represented as a clustered column chart assumes that people will be driving.

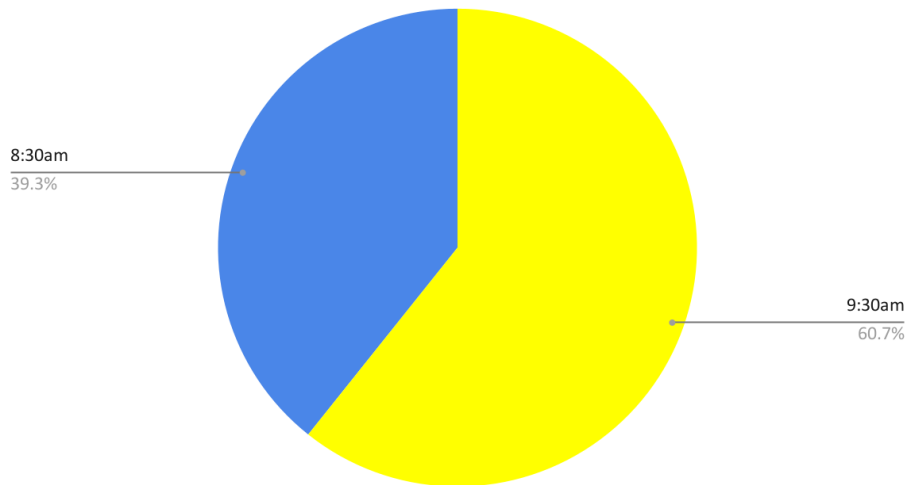


It's hard to get all the information from the data when the estimated time is so extreme, with the highest count of students experiencing 35 minutes with the best conditions and 60 minutes at the max. However, it's not hard to narrow this down to the higher end of the estimate because of the rush hour traffic that occurs at the time that school starts. According to an article from the auto insurance website Jerry, Seattle's rush hour begins at 6:30 am and ends at around 9:00 am (Rose 2022). So, when looking at the range one should expect to be in the higher spectrum than the lower one.

To put all of this into perspective, when Year Up moves back to in-person class full-time 48% of students currently attending will have to drive for up to one hour or exceeding that by car, traveling at least 40 miles round trip, every day. For those students that have to drive an hour to get to school on time, assuming that it takes them 20 minutes to get ready after waking up, they will have to be up by 7:10 am. If school is delayed to 9:30 am, however, the ETA to Central will be lower due to dying traffic at 9 am and students can sleep in an additional hour.

Furthermore, 60.7% of current Year Up students have expressed their desire to have classes start at 9:30 in the survey. The question does not mention that classes will be in person, so students taking the survey will assume the start time is for remote classes. One could assume that the percentage would be higher if the start time was specified for in-person. Overall, this is a strong argument that a later start time is very appealing to students.

Class Start Time Preference



## ***Recommendations/Changes***

The recommendation is to begin class at 9:30 am and end our last class at 4:30 pm. These changes are recommended for the benefit of students and staff members. Changing the start time of class to 9:30 gives everyone more time to rest with just enough time in the evening for studying or free time. As mentioned before in the article, our brains and bodies need rest in order to boost performance and increase our ability to concentrate. Having more rest can also improve your mood and overall health. In order for our brains to work efficiently, it needs downtime. The more time we have to rest, The less likely we are to experience burnout and chronic stress.

## ***Benefits***

Later start means fewer students would be late and have fewer infractions. This will result in more students being committed to the program and reaching graduation. A lot of students are night owls and have issues coming to class in the early morning and a lot more students live more than 45 minutes away from their closest Year Up school. Many students come from working odd hours such as graveyard shifts or late evenings and have different sleep schedules. Since Year Up is designed to allow young adults to succeed in meaningful careers, it would be beneficial to be flexible to different needs and allow equal opportunity for different types of people. Starting class at 8:30 am can sound intimidating for those young adults. Beginning class at 9:30 is a good middle ground that can prepare students for their internships and allow them to get used to early mornings.

## ***Risk***

Starting at 9:30 can come with some risks. Simultaneously, some young adults may not be able to attend the program because they must work to support themselves and need more time after class to pick up shifts. Another risk would be traffic leaving class. Since the worst traffic time in Seattle is 5- 6



pm and we would get out of class at 4:30, students will be stuck in traffic commuting home, attributing to less time in their evening as well.

# *Conclusion*

In conclusion, this report has discussed how students struggle in the early morning classes and how it affects their productivity growth. This report notifies some recommendations according to the poll collected from current Year Up students and studying some private research. The group that participated in this report learned that most of the current students in the program support the proposal class starting time to be 9:30. Starting class at 9:30 has benefits for students on their class performance, sleep, health, and attracts other students to join the program. As Year Up's mission is to create equal opportunities for young adults, creating class schedules that are more suitable for students makes the organization more favored by young adults who are looking for education and opportunity.

# References

- Rose, O. (2019, January 1). *How bad is Seattle traffic?* GetJerry.com. Retrieved October 31, 2022, from <https://getjerry.com/driving/how-bad-is-seattle-traffic#how-bad-is-seattle-traffic>
- Kelley, P., Lockley, S. W., Kelley, J., & Evans, M. D. R. (1AD, January 1). *Is 8:30 a.m. still too early to start school? A 10:00 a.m. school start time improves health and performance of students aged 13–16.* Frontiers. Retrieved October 31, 2022, from <https://www.frontiersin.org/articles/10.3389/fnhum.2017.00588/full>

# Appendix

Inputs or Resources >	Activities >	Outputs >	Short Term Outcomes (0-6 months)	Intermediate Outcomes (6-24 months)
<ul style="list-style-type: none"> <li>- Research benefits of an extra hour of sleep</li> <li>- Compatibility of new schedule with the host college</li> <li>- Staff and professors' opinions on the later start time</li> </ul>	<ul style="list-style-type: none"> <li>- Acquire research on human performance based on time of day</li> <li>- Create a new academic schedule</li> <li>- Have staff and teachers do a survey on this topic</li> <li>- Get approval from the college</li> </ul>	<ul style="list-style-type: none"> <li>- Adequate research to make a decision</li> <li>- Staff and everyone involved are informed and prepared</li> <li>- Schedule ready for the next cohort</li> </ul>	<i>Talk to staff about changing start times so they can prepare for the change.</i>	Start class time at 9:30am for the next cohort
			▼	▼
			▼	
			<b>Longterm Impact (2+ years)</b>	
			Less late students, higher academic success, healthy and rested students	