

University Learning Methods

Is Remote Learning More Beneficial?

Remote

In-Person

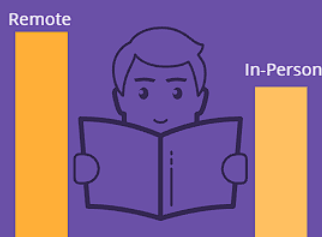


STUDYING



5.5 hours / day

Almost x2 as much time working on coursework.

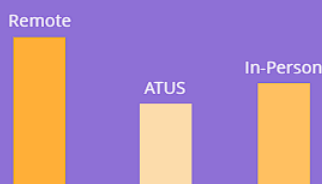


4 hours / day

Students enjoy lectures slightly more.

Did you know?

In in-person learning, the average student spends 3.5 hours studying according to ATUS.



U.S. Bureau of Labour Statistics 2016, American Time Use Survey: ATUS 2003-20015 Activity Summary, electronic dataset, viewed 31 March 2022, available at: https://www.bls.gov/tus/datafiles_0315.htm

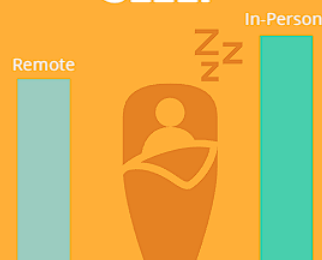


SLEEP



6.3 hours / night

16% more naps during the day.



7.2 hours / night

Slightly more enjoyable sleep.



EXERCISE



4.6 times / week

Exercise for almost 60% longer.



2.6 times / week

Exercising is less enjoyable.



OTHER ACTIVITIES



75% more showers
37% more reading
32% less smartphone use



2x more paid work
5x more work travel
1.5x more socialising

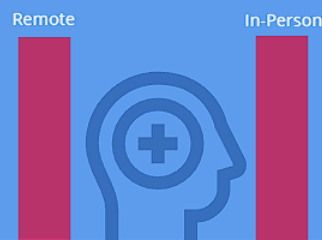


ENJOYMENT



69%

54% more enjoyable paid work



68%

Slightly more enjoyable lectures