

A Day in the Life of a College Student

Reflection Questions:

- Based on the schedule, what did the student prioritize? What was not prioritized?
- How did the student manage - or NOT - manage stress?
- What advice would you give this student?

Cy Serrano

University of Southern California

Los Angeles, California

Major: Business Administration, Junior

Hometown: Lancaster, California

Coolest thing about college in 10 words or less: *The opportunity to be yourself and discover your potential!*

- 9:15 am I woke up early this time! Let's get some breakfast! On second thought...snooze button.
- 9:45 am Finally up and ready for 10:00 am class. Don't need to worry about being late with my trusty Beach Cruiser.
- 10:00–11:50 am Entrepreneurship class, listening to fellow classmates give their business elevator pitches. Awesome!
- 12:00–1:50 pm Break for lunch at Commons and head back to the dorm to watch that episode of *The Walking Dead* I missed last night.
- 2:00–4:50 pm Ugh, three-hour class; it's a design class though, so I get to use my laptop.
- 5:00–7:00 pm Hang out at the dorm and get dinner with my residents. It's a lot of fun being a resident advisor!
- 8:00–10:00 pm Rehearsal with my *a cappella* group. I'm president this year, so I need to make sure I'm there on time!
- 10:15 pm–1:00 am Homework, reading, and dorm hall shenanigans. Did someone say *Halo 5*? Sweet...

Michelle Hattan

University of Illinois at Urbana-Champaign

Urbana, Illinois

Major: Biomedical Engineering, Junior

Hometown: Joliet, Illinois

Coolest thing about college in 10 words or less: *Midnight ice cream runs, random adventures, and great education!*

- 7:10 am First alarm goes off. Prepare to ignore it for the next 20–30 minutes.
- 7:20–7:50 am Slowly convince myself to get up after pushing the snooze button for too long.
- 8:40–9:00 am Make the long walk to class on the opposite side of campus.
- 9:00–10:00 am Intro to Fiction, my only non-technical class; I love having a legitimate excuse to read good books!
- 10:00 am–12:00 pm Head to my professor's office hours. I would not be able to complete this homework without help!
- 12:00–1:00 pm Dynamics lecture (a crazy mechanical engineering class), where I eat my lunch of stale chips and PB&J, trying not to crunch too loudly. Normally, I get angry looks from the professor.
- 1:00–2:00 pm Modeling Human Physiology, an interesting class; I just wish there were fewer equations!



- **3:00–6:00 pm** Research! I analyze musculoskeletal motion data to better understand the balance and gait of people.
- **6:00–7:00 pm** Dinner with my friends at whichever campus restaurant has the best deal.
- **7:00–8:00 pm** Go to Engineering Council meeting.
- **8:00 pm–12:00 am** Work on homework at the library!

Rachel Montpelier

[Nazareth College](#)

Rochester, New York

Major: English Literature Concentration and Communication & Rhetoric

Graduation: May 2014

- **6:30 am** Alarm clock rings...and I reset the alarm.
- **7:00 am** Alarm clock rings and I actually get up. I shower, get ready for work, check my e-mail, and pack my backpack with books and homework.
- **8:00 am** I work at the Interlibrary Loan and Serials Department in the library. I also do homework during the slow parts of the shift.
- **1:05 pm** Lunch. Afterwards, I do the pile of dishes waiting in the kitchen sink.
- **2:00 pm** Catch up on homework, reading, and e-mails. Work on my freelance writing assignment for the week.
- **4:00 pm** Attend my Communication & Rhetoric Senior Seminar class.
- **5:20 pm** Dinner in Sorelle's (the common area of the academic building). I usually try to catch up on a little class reading while eating.
- **6:00 pm** Editing for Publication class.
- **8:45 pm** Finish up homework, projects, freelance work, etc. Check out Netflix if it isn't a really busy week.
- **10:00 pm** Get ready for bed and read for fun before lights out.

Samantha Bowen

[Adelphi University](#)

Garden City, New York

Major: Acting

Graduation: B.F.A., 2012; M.B.A., 2014

- **5:00 am** Wake up, then head to my morning babysitting job.
- **8:30 am** Board train into the city for my internship.
- **2:00 pm** Break from work to audition for a play. Having jobs that are lenient with me leaving to audition is such a privilege.
- **5:00 pm** Head back to Adelphi.
- **6:00 pm** Go to the gym for my (self-imposed) mandatory daily workout; it relieves stress and helps me keep up with everything I do!
- **7:00 pm** Return home to catch up on studying and other class work.
- **8:00 pm** Class.
- **10:00 pm** I do everything I need to get done before I go to sleep at night. If I start to lose sleep during the week, I'll catch up on the weekend—when I'd rather spend an extra hour or two out with friends!



Connor Richards

University of California, Riverside

Riverside, California

Major: Physics

Graduation: May 2016

- 7:00 am Alarm goes off, but I actually get out of bed around 7:15 or 7:30.
- 7:30 am Shower, eat breakfast, check *The New York Times*, CNN, reddit, etc.
- 8:00 am My research group meets, and all attendees connect electronically, which means I get to attend from my desk in my apartment.
- 9:00 am Take bus or walk to campus and check e-mail along the way.
- 9:30 am Class (General Chemistry).
- 10:30 am Take a break. What I do during this window depends on what I have later in the day, any upcoming deadlines, or problem sets due. It gives me time to work on homework, research, watch TV or movies, talk with friends, or all of the above.
- 1:00 pm Class (Differential Equations, Thermodynamics, Senior Seminar Thesis/Guided Research, etc.).
- 4:00 pm Go to the gym. Depending on the day, I'll lift weights and do cardio or play basketball and/or racquetball.
- 5:30 pm Back to my apartment.
- 6:00 pm Make and eat dinner.
- 7:00 pm Work on homework and research. Check e-mail.
- 9:00 pm Watch Netflix or sports, depending on the season, to relax.
- 10:00 pm Go to bed.

Josh Palmer

Central Michigan University

Pleasant, Michigan

Major: Integrative Public Relations

Graduation: December 2015

- 9:25 am The first alarm goes off with a series of snoozes to follow.
- 9:45 am Finally out of bed. Take a quick shower.
- 10:00 am Make it to the first class of the day (just in time).
- 11:00 am One class down. The second class of the day immediately requires in-class writing. Time to get creative!
- 12:00 pm Check my schedule and see I have a meeting with the Director of Campus Life. Not much time for lunch today! Grab something quick.
- 1:00 pm Ready to make it through the last class of the day. Learn the ropes of both InDesign and Photoshop.
- 2:00 pm Quick stop to get some things ready for an event later in the week. Can't forget to pick my roommate up from work either!
- 3:00 pm Ugh...three-hour work shift at the residence hall desk. At least I have time to catch up on some work. Interacting with residents makes for a great work environment.
- 6:00 pm Off work! Grab some dinner before the night's Program Board meeting.
- 7:00 pm Catch up on e-mails and messages in order to stay on top of things.
- 8:00 pm Cap off this busy day with a meeting with CMU Program Board to discuss upcoming events taking place on campus.
- 9:00 pm My boss wanted to talk to me after the meeting tonight but I really have a lot of work to do before tomorrow. Ready to head home and get working.
- 10:00 pm Work on homework, paperwork, and loose ends for a few hours. Make time for dorm room shenanigans with my roommates. It might be a good idea to order a pizza. Or three.