

How do you find time to be successful as an athlete and keep above the NCAA's required 2.0 GPA? Daily practices, workouts and game days require a lot of focus. Throw in being a student on top of that and even finding time to get the necessary amount of sleep could be difficult.

Finding time to study can be difficult as a student-athlete. The coaching staff for the Men's Basketball team tries to help the students.

"The coaching staff assigns study hall hours twice or three times a week, after practices, or sometimes at the student success center," senior interdisciplinary studies major Davion Turner said. Turner is a student taking 16 credit hours at OBU while averaging 26.8 minutes per game for the Men's Basketball team.

"We practice every day, besides game days, and get a day off on Sundays," Turner said.

Traveling for away games/meets is a disadvantage student-athletes face.

"Traveling conflicts with class when our games are away," Turner said, "We miss classes."

Traveling doesn't make schoolwork impossible to do though.

"I just have to be good at finishing assignments before I leave," sophomore sports and

recreation management major Harrison Stoddart said. Stoddart is an OBU student taking 15 credit hours while averaging 26.2 minutes per game for the Men's Basketball team.

Just like all other students, athletes have to be intentional with their time management.

According to the *American Psychological Association*, between 80 and 95 percent of college students procrastinate on their schoolwork. Some student-athletes find ways to balance school and sports.

"I find time throughout my day to go to the library to work on homework," Stoddart said, "I also work on assignments way before the due date, so I don't have to stress about it in case practice runs long."

Organization plays a key role in succeeding as a student. According to the Education Resources Information Center, "All problems (late work, unprepared students, lax attitudes) related to students who were not organized for learning."

"Make a schedule and it'll help balance school and basketball," Davion Turner said.

Students like Turner and Stoddart face the challenges every student has to deal with while maintaining the busyness of a basketball schedule. Certain things keep their passion alive not only for the love of the sport, but also for their appreciation for the school and its legacy.

“My favorite part about playing at OBU is the history behind the championships they won before,” Turner said.

The teammates you have play an important role in your time as a student-athlete.

“My favorite part about playing at OBU is all the relationships I’ve made with my teammates.

They will all become lifelong friendships,” Stoddart said.

Being successful as a collegiate student-athlete is something over 490,000 people attempt to do each year. While proving to be difficult, it can be more easily maintained by making a schedule and working on assignments earlier than you might like to do. Learning to balance the two responsibilities is a challenge worth taking for student-athletes like the ones at OBU.