INTRODUCTION

- How students spend their time may strongly influence:
  - their academic outcomes,
  - the breadth of their education, and
  - other general life outcomes
- Personality has been used to predict important life outcomes such as:
  - subjective well-being, longevity, relationships, occupational performance (Ozer & Benet-Martinez, 2006), and
  - academic achievement has more consistently been related to:
    - conscientiousness, agreeableness, and inverse neuroticism (Poropat, 2009), and
  - students high on conscientiousness (and low on neuroticism) tend to focus efforts on academics (Bauer & Liang, 2003)
- Previous research on how students spend their time has focused mostly on:
  - time studying,
  - time in class, and
  - time spent with family and friends.
- The current research uses a more extensive list of student activities and utilizes the Big Five personality traits to predict these behaviors.

CONCLUSIONS

- Neuroticism and Conscientiousness each independently predicted the most behaviors. Both of these are often associated with various student academic behaviors including academic achievement and involvement.
- There may be displacement effects between activities that at academically oriented compared to socially oriented; replication is needed.
- More work needs to be done to determine variables that may mediate the relations between the traits and these student behaviors (e.g., year of study, age).

METHOD

Participants

- Tables 2a & 2b: Participant demographic information

<table>
<thead>
<tr>
<th>Mean Age</th>
<th>N</th>
<th>Female %</th>
<th>1st yr %</th>
<th>2nd yr %</th>
<th>3rd yr %</th>
<th>4th yr %</th>
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<tbody>
<tr>
<td>19.97</td>
<td>315</td>
<td>72.8</td>
<td>24.6</td>
<td>31.6</td>
<td>30.0</td>
<td>12.5</td>
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</tbody>
</table>

Measures

- Daily Activities Measure
  - 20 hour day (7am to 3am)
  - 15 activities

List of Activities:

1. In class
2. Studying
3. Sleeping
4. Activity with friend
5. Relaxation
6. Eating
7. Activity with family
8. Locomotion (travel)
9. Grooming
10. Activity with romantic partner
11. Exercise
12. Shopping/errand
13. Recreation
14. Activity with family
15. Housework/chores
16. Work

Big Five Inventory ($\alpha = .72 - .83$)

44 items

Table 2. Beta values and model fit statistics for the activity outcomes and trait predictors

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>class</th>
<th>studying</th>
<th>sleeping</th>
<th>activities with friends</th>
<th>relax</th>
<th>eating</th>
<th>locomotion</th>
<th>work</th>
<th>groom</th>
<th>activities with partner</th>
<th>exercise</th>
<th>shopping</th>
<th>recreation</th>
<th>activities with family</th>
<th>housework</th>
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</thead>
<tbody>
<tr>
<td>Neuroticism</td>
<td>-0.00</td>
<td>1.4*</td>
<td>0.01</td>
<td>-0.12</td>
<td>-0.07</td>
<td>0.23**</td>
<td>0.03</td>
<td>0.05</td>
<td>0.10</td>
<td>0.06</td>
<td>21*</td>
<td>-</td>
<td>0.01</td>
<td>-0.08</td>
<td>0.05</td>
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<tr>
<td>Extraversion</td>
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<td>0.65</td>
<td>-0.00</td>
<td>-0.03</td>
<td>-0.10</td>
<td>-0.03</td>
<td>-0.04</td>
<td>0.06</td>
<td>0.06</td>
<td>0.04</td>
<td>-</td>
<td>0.07</td>
<td>-</td>
<td>0.07</td>
<td>-0.06</td>
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<tr>
<td>Openness</td>
<td>0.09</td>
<td>-0.04</td>
<td>0.02</td>
<td>0.07</td>
<td>0.15*</td>
<td>-0.14*</td>
<td>0.10</td>
<td>0.01</td>
<td>0.05</td>
<td>-0.02</td>
<td>0.01</td>
<td>0.03</td>
<td>12*</td>
<td>0.07</td>
<td>0.08</td>
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<td>0.02</td>
<td>0.14*</td>
<td>-</td>
<td>0.06</td>
<td>0.10</td>
<td>0.04</td>
<td>0.08</td>
<td>0.01</td>
<td>0.00</td>
<td>-</td>
<td>0.02</td>
<td>0.09</td>
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<td>-0.16*</td>
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<td>0.17*</td>
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<td>0.06</td>
<td>0.04</td>
<td>0.04</td>
<td>0.02</td>
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<tr>
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<td>0.20</td>
<td>0.03</td>
<td>0.22</td>
<td>0.22</td>
<td>0.24</td>
<td>0.17</td>
<td>0.09</td>
<td>0.12</td>
<td>0.11</td>
<td>0.20</td>
<td>0.08</td>
<td>0.17</td>
<td>0.17</td>
<td>0.23</td>
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<td>0.02</td>
<td>0.03</td>
<td>0.04</td>
<td>0.01</td>
<td>0.01</td>
<td>0.00</td>
<td>0.00</td>
<td>0.03</td>
<td>0.01</td>
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<tr>
<td>R²</td>
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<td>2.55*</td>
<td>2.76*</td>
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<td>3.63*</td>
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<td>0.74</td>
<td>2.65*</td>
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<td>1.88</td>
<td>1.82</td>
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</tbody>
</table>

REFERENCES


If you have questions or comments about the present research, please contact the first author at kmouzi001@ucr.edu