

# DATA ANALYTICS PROJECT

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# Situation Overview

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*Two categories to focus on- School and Me Time*

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## HYPOTHESIS/ASSUMPTION

I spend a significant amount of time on School-related activities and my part-time job. I believe that I might not have as much Me Time as I'd like.

Two categories I'm curious to investigate more in-depth:

**1) Me Time:** I'm curious to explore how much time I spend on myself and if there's room to dedicate more time to them.

**2) School:** I want to analyse how efficiently I am managing school work and if there are any improvements I can make in managing this time.

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## CURRENT SITUATION/ BACKGROUND

- I'm Dhruv Lakhiani, an international student at George Brown College. I'm working towards a postgraduate certificate in Marketing Management - Digital Media. My classes are 3 days a week.
- Since my program includes a co-op component, I need to dedicate time to applying for summer positions and networking with industry professionals.
- I have a part-time job at an advertising agency in Dundas, where I work 4 days a week.
- I live on King Street, so the commute time to college or work is minimal.
- I share an apartment with two roommates, and we divide the household chores between us.
- My typical week involves a mix of classes, assignments, studying, my part-time job, and finding time for hobbies and relaxation.

Category	School	Me Time	Family	Work	Sleep
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*This report is an analysis of how I spend my 168 hours in a week\**

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# Data Collection Plan

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## *How My Data Was Captured & Recorded*

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### **DATA COLLECTION TIMEFRAME:**

- Collected data for a typical week, starting on Monday and ending on Sunday.

12th Feb 2024 - 18th Feb 2024

### **CONFIDENCE IN DATA QUALITY:**

- The selected week is representative of a typical week, ensuring the data's relevance.
- Diligently recorded data as planned to maintain accuracy and reliability.

### **DATA POINTS THAT NEED DEFINITION:**

- Homework/Assignments\* includes group, individual assignments and preparation for classes
- Job Search\* includes applying/ Networking for co-op internship compulsory for the completion of my course
- Hobby\* mainly involves playing football or pickleball
- Talk to family and friends\* as I am away from my family I usually video call them using my phone

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### **DATA COLLECTION METHOD:**

- Used a smartphone or notebook to record activities throughout the day.
- I set reminders and alarms to prompt data entry at regular intervals.
- Recorded activities in 60-minute increments to maintain accuracy and simplicity.

### **DATA SOURCES:**

- Google Calendar, Smartphone, Pen/paper

Category	School	Me time	Family	Work	Sleep
Sub-Categories	Classes	Watch/Listen	Meals	Part-time job	zzz
	Homework/Assignments*	Hobby*	Talk to Family/Friends*		
	Job Search*	Fitness	Chores		

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# How Do I Invest My Time In A Week?

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*I dedicate only 7% of my time in "MeTime" and I need to prioritize allocating more time for self-care and personal relaxation.*

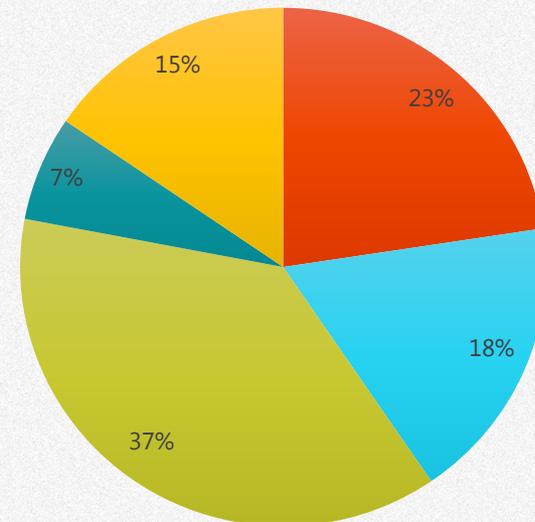
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Firstly, It seems I prioritize sleep, which takes up 37% (63 hours) of my week. This is important, as getting sufficient rest is crucial for my well-being and my hectic schedule. I also spend 23% (38 hours) of my week on school-related activities, including classes, assignments, and my job search. This highlights the importance of my education and the commitment I have to my program.

My part-time job takes up 18% (30 hours) of my weekly time, indicating that I need to balance that commitment with my studies effectively. I spend 15% (26 hours) of my time with family. This is important for me as I am away from my family and I am very attached to them. However, the smallest portion of my week, a mere 7%, (11 hours) is dedicated to "me time." This suggests a potential area for improvement; I might need to intentionally schedule more time for relaxation and activities that I enjoy.

## Distribution Of Time spent in a Week

■ School ■ Work ■ Sleep ■ Me Time ■ Family



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# “School” & “Me Time” Data Analysis

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*Optimize time taken to complete homework/ assignments & allocate more time to fitness*

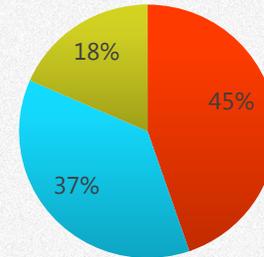
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When I focus on how I distribute my time under the "School" category, it's clear that classes take up the biggest chunk at 45% (17 Hours). Homework and assignments follow at 37% (14 hours), with job searches consuming the remaining 18% (7 hours) of my school-related time. It seems like I can improve my time management by focusing on completing my homework and assignments faster. This would free up time for some "Me Time" during my week.

Looking at my "Me Time" category, I see that I spend most of it passively watching or listening to content 46% (5 Hours), followed by time on hobbies 36% (4 Hours), and lastly, exercise 18% (2 Hours). This highlights an area where I can improve. Perhaps I can shift some of that passive time towards fitness activities to improve my overall well-being.

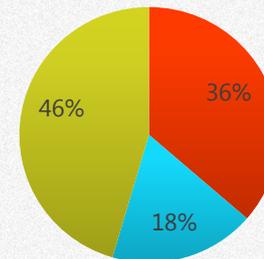
Overall, I should allocate more time to "Me Time" by being more efficient in the week and focusing on fitness.

## Distribution Of Time Spent Under "School"



■ Classes ■ Homework/Assignments ■ Job Search

## Distribution Of Time Spent Under "Me time"



■ Hobby ■ Fitness ■ Watch/Listen

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# Comparative Patterns In The Week

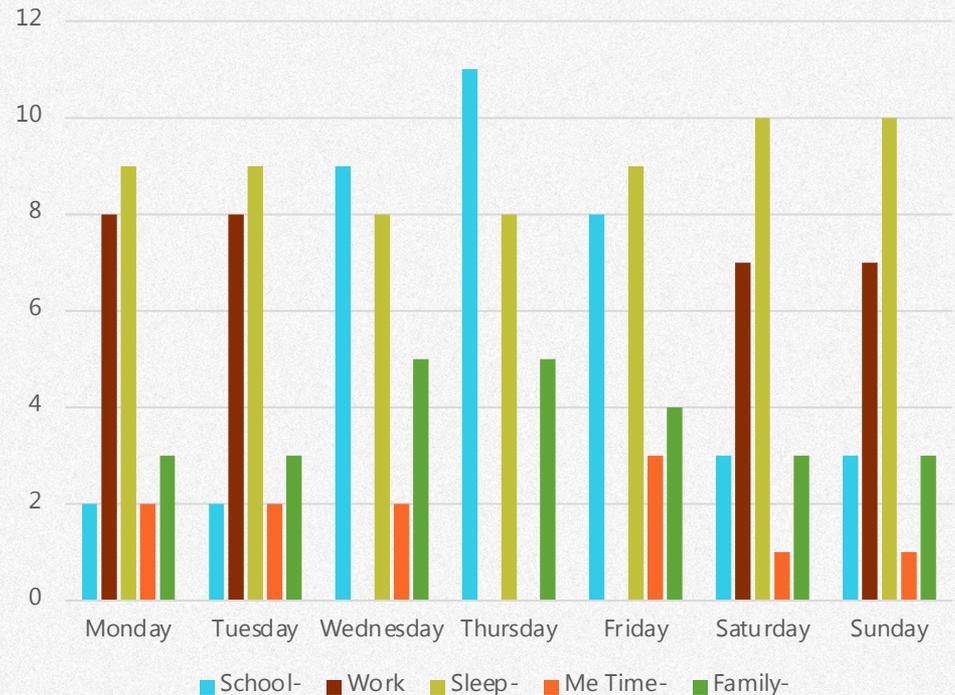
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*School, Sleep and Family are present everyday & contribute majority of the hours in the week.*

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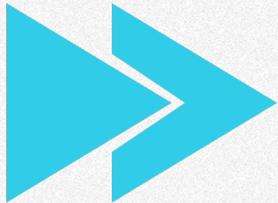
- "School", "Family", and "Sleep" are consistent parts of my daily schedule.
- Throughout the week, "Sleep" and "School" take up the majority of my time.
- Thursdays are indeed my most hectic days, with no "Me Time" scheduled whatsoever. I need to prioritize scheduling some self-care for those days.
- Sleep seems to be important to me, averaging between 8-10 hours a night. However, on those hectic days like Thursdays, I could potentially shorten my sleep to have a bit more time for other activities.
- "Me Time" is pretty low across the entire week. I need to find ways to consistently carve out time for myself to relax and recharge, otherwise it will cause burnout and inefficiency

Comparative Time Spent In A Week



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# Recommendations



## Continue

Prioritizing Sleep and talking to Family/ Friends as they are my support system.

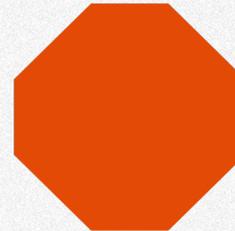
**Recommendation:** Try to establish a relaxing bedtime routine to ensure your sleep schedule doesn't change and initiate spontaneous conversations with family during short breaks.



## Change

Try and be more efficient with Homework/Assignments

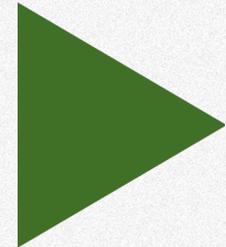
**Recommendation:** Before starting a task, estimate how long it should take and set a timer. This can create a sense of urgency and help you stay focused.



## Stop

Stop neglecting "Me Time" as its important to prevent burnout

**Recommendation:** Schedule at least 1 hour of dedicated "Me Time" each day, focusing on activities that bring you joy and relaxation.



## Start

Allocating more time to fitness

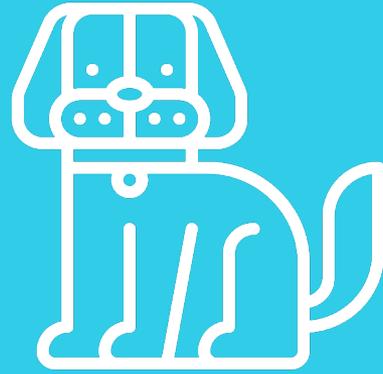
**Recommendation:** Block off specific times in your calendar throughout the week for workouts and stick to them.

# Appendix: Raw Data

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
23h00-00h00	Sleep-zzz							
00h00-01h00								
01h00-02h00								
02h00-03h00								
03h00-04h00								
04h00-05h00								
05h00-06h00								
06h00-07h00								
07h00-08h00			Family-chores	Family- Meals				
08h00-09h00	Family- Meals	Family- Meals	Family- Meals		Family- Meals			
09h00-10h00	Work-Partime Job	Work-Partime Job	School-Classes	School-Classes	School-Classes	Family- Meals	Family- Meals	
10h00-11h00								
11h00-12h00					School- Job Search		Work-Partime Job	Work-Partime Job
12h00-13h00					Me Time- Watch/listen		Me Time- Watch/listen	
13h00-14h00	Family- Meals + Talk to Family/Friends	Family- Meals + Talk to Family/Friends	Family- Meals + Talk to Family/Friends	School-Homework/ Assignments	Family- Meals + Talk to Family/Friends	Family- Meals + Talk to Family/Friends	Family- Meals + Talk to Family/Friends	
14h00-15h00	Work-Partime Job	Work-Partime Job	School-Classes	Family- Meals + Talk to Family/Friends	School-Classes	Work-Partime Job	Work-Partime Job	
15h00-16h00								
16h00-17h00					Me Time- Fitness			School-Classes
17h00-18h00					School- Job Search			
18h00-19h00	Me Time- Hobby	Me Time- Hobby	School- Job Search					
19h00-20h00	School-Homework/ Assignments	School-Homework/ Assignments	School-Homework/ Assignments	School- Job Search	Me Time- Fitness	School-Homework/ Assignments	School-Homework/ Assignments	
20h00-21h00	Family- Meals + Talk to Family/Friends							
21h00-22h00	Me Time- Watch/listen	Me Time- Watch/listen	Family- Chores	Family- Chores	Family- Chores	Me Time- Hobby	Me Time- Hobby	
22h00-23h00	School-Homework/ Assignments	School-Homework/ Assignments	School-Homework/ Assignments	School-Homework/ Assignments	Me Time- Watch/listen	School-Homework/ Assignments	School-Homework/ Assignments	

# Appendix: Hours by Sub-Category

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School-	2	2	9	11	8	3	3
Classes	0	0	6	5	6	0	0
Homework/Assignments	2	2	2	2	0	3	3
Job Search	0	0	1	4	2	0	0
Work	8	8	0	0	0	7	7
Part-time job	8	8	0	0	0	7	7
Sleep-	9	9	8	8	9	10	10
zzz	9	9	8	8	9	10	10
Me Time-	2	2	2	0	3	1	1
Hobby	1	1	0	0	0	1	1
Fitness	0	0	1	0	1	0	0
Watch/Listen	1	1	1	0	2	0	0
Family-	3	3	5	5	4	3	3
Meals	1	1	1	1	1	1	1
Chores	0	0	2	1	1	0	0
Meals + Talk to family/friends	2	2	2	3	2	2	2



# Thank You!!

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