



If later class times help students, why stop there?

Posted: Tuesday, September 25, 2018

I read with interest the article in Friday's Daily News describing proposed changes to course scheduling at Western Kentucky University. Apparently, due to evolving sleep patterns, today's college students need more rest than their predecessors.

In essence, it has been suggested that no classes be allowed to start "prior to 9 a.m. or 10 a.m. or even 11 a.m."

I am happy to report the students I teach are overwhelmingly in favor of this proposal. (Well, the ones who were awake seemed to really like the idea; I can't speak for those who had dozed off).

Feeling encouraged, I asked my students what other changes would help them be more successful in their academic pursuits. I was impressed with what they came up with:

First, instructors should provide brunch at the beginning of all classes that start before noon. Several students noted what a hassle it is to have to get up, get dressed and make their way to the cafeteria before going to class.

They all said having stuff available right there in the classroom would be a big plus – especially given that research has demonstrated a clear link between having your nutritional needs met and being able to pay attention.

Second, replace classroom chairs with recliners. Several students pointed to research showing an undeniable connection between being able to get comfortable and significant scholastic gains.

Finally, faculty should provide students with a set of notes for each lecture. It is unrealistic to expect students to listen and write – often at the same time. (A couple of them mentioned similar challenges they have with gum and walking).

I am proud of my students. Honestly, after reading the story, my first reaction was to advise students who have 8 a.m. classes to go to bed earlier. Boy, do I feel naive.

Aaron W. Hughey
Bowling Green

www.bgdailynews.com