



Chapter Project

A Day in the Life of a College Student

College students' physical, emotional, and mental health are at the forefront of many national discussions and statistical studies. Many factors can influence students' overall health, including diet, sleep, exercise, etc. In this project, you will look at real data gathered from 30 college freshmen and sophomores and determine related descriptive and inferential statistics.

The students surveyed were asked the following questions:

- On a typical weekday,*
- How many hours of sleep do you get?*
- How many hours do you study?*
- How many calories do you intake?*
- How many hours do you exercise?*
- How many hours do you spend on social media?*

Data

The data can be found at stat.hawkeslearning.com

Data Sets > Student Life.

Plan

- Using the Student Life data set provided, what measures of central tendency (mean, median, mode) or dispersion (standard deviation, range, or variance) would you use to describe the data for each question?

Choose at least two measures of centrality and two measures of dispersion. Explain the reasoning behind your choices.

Measures of Centrality	Why did you choose this measure?
Choice #1	
Choice #2	
Measures of Dispersion	Why did you choose this measure?
Choice #1	
Choice #2	

Explore

- Using technology and the given data, calculate your preferred measures of central tendency and dispersion and record in the following table.

Measures of Centrality	Descriptive Statistics
Choice #1	Hours Sleeping: Hours Studying: Calorie Intake: Hours Exercising: Hours on Social Media:
Choice #2	Hours Sleeping: Hours Studying: Calorie Intake: Hours Exercising: Hours on Social Media:
Measures of Dispersion	Descriptive Statistics
Choice #1	Hours Sleeping: Hours Studying: Calorie Intake: Hours Exercising: Hours on Social Media:
Choice #2	Hours Sleeping: Hours Studying: Calorie Intake: Hours Exercising: Hours on Social Media:

****Extra Challenge:** Pair up with another individual (or group) that is using a different type of technology to determine the measures. Compare and contrast the efficiency of both types of technology, sharing any helpful hints.

Understand

- Record any inferential statements based on your descriptive statistics calculated above.
- Based on your results from the previous question and your own personal experience, what can college students do to promote overall wellness and health?
- Create a graphical display to share your opinion with others. Make sure to include descriptive and inferential statistics to support your claim.

Extension

- If you were to do a follow-up statistical study, what question(s) would you like to explore? Why?