As a student of Stephen F. Austin State University have you ever wondered about the efficacy of your weekly habits as it relates to your cumulative college GPA? Have you ever considered what if our students with a higher GPA (grade point average) spent their free time less than those with a lower GPA? We decided to test various weekly habits of the everyday college student to discover if their actions are in fact a determinant of college GPA.

We find this topic to be pertinent, because our main goal is to make students more aware of the fact that there is a close relationship between the way they spend their free time and their current cumulative college GPA. By asaying this, we hope to instill students to take advantage of the time they have and apply it to more constructive opportunities so they may have a reflective positive return on their GPA. Furthermore, we predicted that students with a higher GPA better utilize their time and avoid too many distractions than those with a lower GPA. We are very excited to see the results of our work and be put to use for the benefit of the students on the SFA campus.

As a student of Stephen F. Austin State University, I was intrigued to find a relationship between student living habits and cumulative college GPA (grade point average). The manner in which we conducted our project was to randomly distribute and collect surveys from the student body. Our survey was comprised of many variables but the ones that had statistical significance in our model were: current GPA, female, high school GPA, partying nights per week, exercise per week, and ethnicity.

With these statistically significant variables we were able to generate our predicted GPA and compared it to our actual GPA. After running the regression equation against our actual GPA’s, we have inferred that our statistical model is on average a reasonable estimate of actual GPAs.

My overall goal of this project is to make these results accessible to all SFA students because I want to make students more aware of their everyday habits and how it corresponds positively or negatively in relation to their current college GPA. I would set up a simple generator, based on my results, and make it available to various resources on campus such as the AARC (Academic Assistance and Resource Center), the student help desk, and even the campus recreational center in hopes that students will utilize what I’ve learned and apply it towards better understanding where their time could be more effective to areas that would boost their GPA.

The purpose of our project was to effectively prove that certain aspects of a student’s weekly activities have a positive or negative relationship when comparing it to cumulative college GPA. We have come to the conclusion that having a high High School GPA, the efficacy of the student, if the student is male or female, and the amount of hours a student exercises per week are clear positive affective factors in adequately predicting changes to Current GPA.

In the future our research can be furthered by increasing the sample size and including omitted variables in the survey to get a more accurate regression equation for more accurate predictions of student’s Current GPA.

With our research we hope to be able to persuade more students on campus to take advantage of their time and utilize the resources on campus such as the recreation center or even the Academic Assistance and Resource Center (AARC). By having people put in their information into our regression equation at one of the accessible locations on campus we hope our project results will make students more aware of how they could increase their Current GPA if they took advantage of the resources SFA has to offer.