

**Category 4 Written Report**  
**Group 4-042**

**Project Breakthrough**

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## **ABSTRACT**

Project Breakthrough is a resource package that aims to help student-athletes from ages 13-16 manage their time so that they will be able to find better ways to balance their academics and sports and produce better results in both aspects, ultimately becoming the better version of themselves. Our interactive E-portal provides in-depth guides aimed to assist student-athletes manage their time. It consists of consolidated research from various studies as well as useful tips and advice from coaches, including information from our own personal experience in the creation of a concise and organised platform which we believe will help student-athletes have better understanding on how to manage their sports and studies. In addition, this package may reduce some confusion that resulted from conflicting ideas that are currently present online.

## **1 INTRODUCTION**

### **1.1 Rationale**

We chose this project because it has come to our attention that many student-athletes struggle to manage their sports and studies, especially in Singapore where schools place an enormous emphasis on academic achievements. This can be very demanding for student-athletes as they would have to go directly to training right after the lengthy academic hours, and by the time they reached home they would be too tired to even start on their homework, let alone recap the knowledge that they have learnt. In some cases, some students intrude into their sleep time to burn the midnight oil to complete the assignments; this would cause them to get less sleep and as the unhealthy routine continues, it would hinder their performance in school as well as in sports. Student-athletes may find themselves getting trapped in this vicious cycle and thus our

group sensed the need to create a resource package that would help such student athletes break out of this cycle to lead a balanced lifestyle.

## **1.2 Objectives**

Our objective is basically to provide our target audience (Student-athletes aged 13-16) with a resource package to help them better manage their sports and studies and guide them into leading a balanced lifestyle. We hope that through our resource package our target audience would be able to find better ways to approach academics and sports and ultimately become better versions of themselves.

## **1.3 Target Audience**

The target audience for our project is secondary school student-athletes aged 13 - 16, from Secondary 1 to Secondary 4. As we ourselves are in competitive sports, thus we are able to understand and relate better to the issues they are facing. Another reason why we have narrowed the scope of our target audience to include only student-athletes near our age group is because people from other age groups are less accessible.

## 1.4 Resources

The resources created for this project were an interactive E-portal, a one-stop guide, a student planner as well as an instagram page.

Interactive  
e-Portal



Student Planner



One-Stop  
Guide



Instagram page



## 2 REVIEW

1. University of Worcester

<https://www.worcester.ac.uk/life/prepare-for-study/study-life-balance.aspx>

“Study-life balance means putting enough effort into your academic work while also taking time to enjoy the social, sporting and cultural aspects of being a student... If you can commit yourself to well-defined study times, you’ll have plenty of time to enjoy a range of activities...”

This states the importance of setting priorities and time management.

2. Cranford High School Dialogue

<https://cranforddialogue.com/648/athletics/do-high-school-sports-affect-academics-negatively/>

“One problem with this pressure is that if a student favors sports over academics then they may not care if they start to fall behind... Playing a sport is something that requires

many hours of practice and dedication which can take away from other things such as a person's studies. Because of the time needed to focus on a sport some students start to fall behind in their academics. The only way a student can focus on both school and sports is if a healthy balance is found between the two."

This shows that there are students who prioritise sports over studies which leads to undesirable results and supports the need to balance the two.

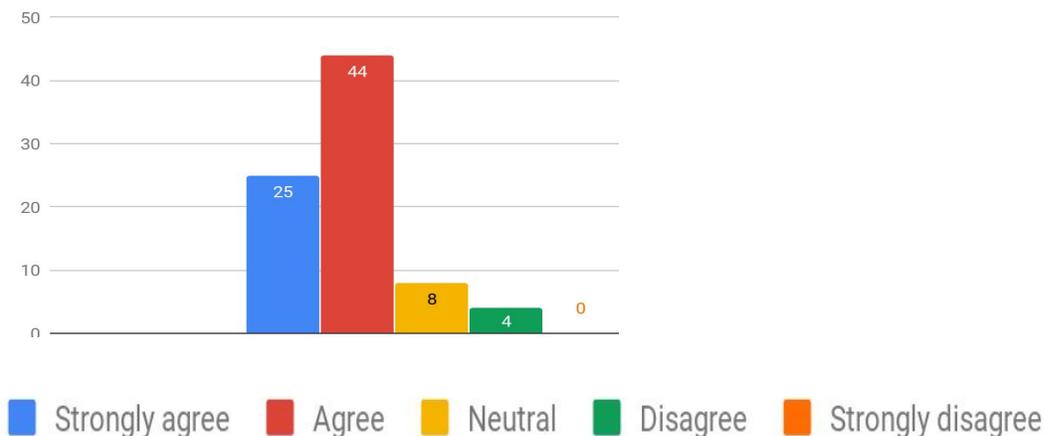
### 3 METHODOLOGY

#### 3.1 Needs Analysis

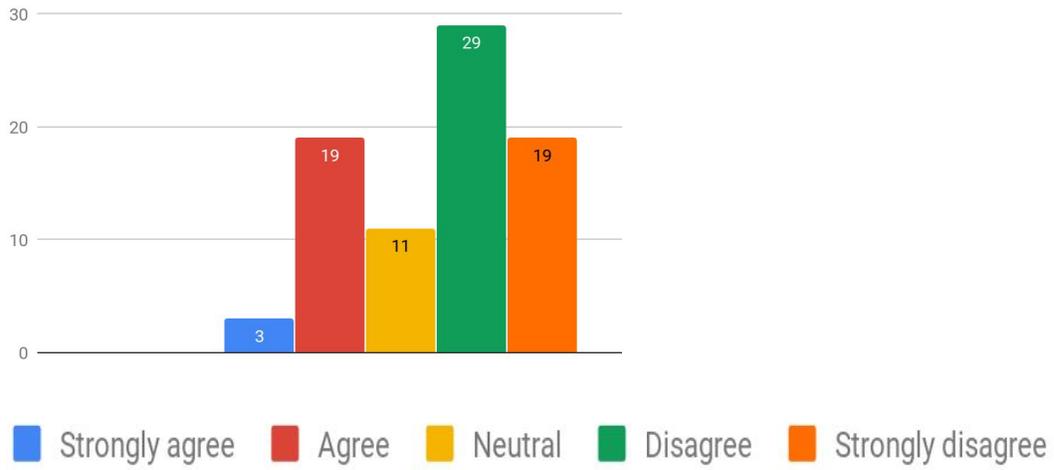
A needs analysis was conducted to ascertain the relevance of such a project. Firstly, an online questionnaire through google docs was constructed to find out if student-athletes are really struggling to balance their sports and studies. Indeed, a *large proportion* of the 81 surveyees that responded had indicated that they struggle with academics.

#### 3.2 Survey Results

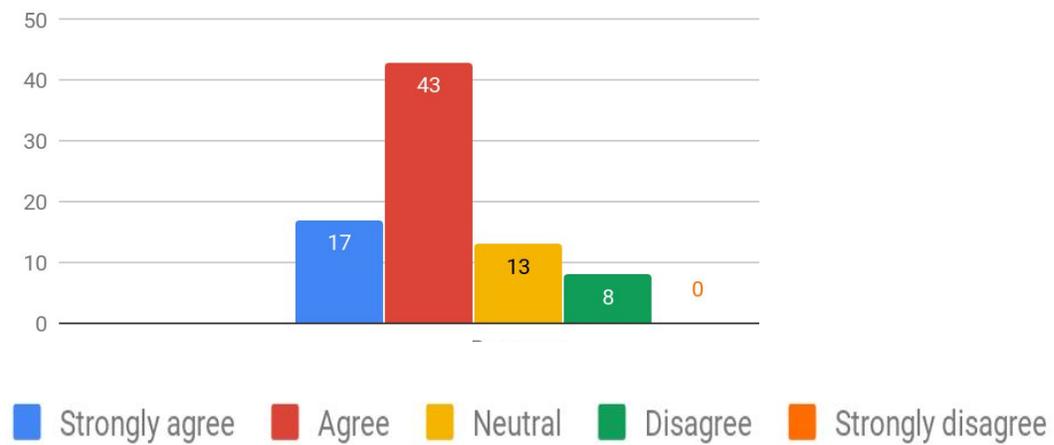
Qn: I often have difficulty completing my work especially during training days.



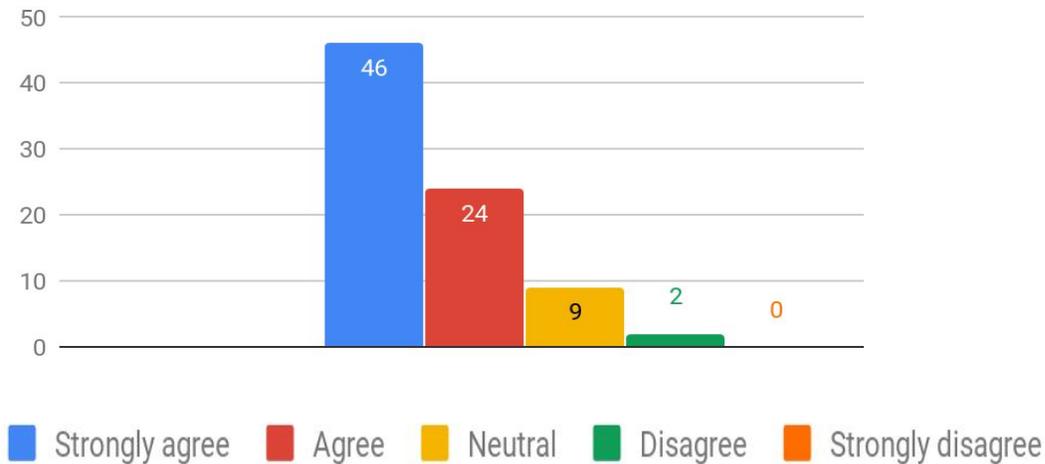
Qn: I always keep up with assignments and prepare for lessons in advance.



Qn: I find it a struggle doing well in sports and studies at the same time.



Qn: I am interested in a resource that would equip me with the necessary skills and technique to better manage my sports and studies.



### 3.3 Development of Resources

Our resources include an interactive E-portal, a one-stop guide, a student planner as well as an instagram page. We have done some extensive research regarding how to manage sports and studies from various websites and books, and consolidated the important information all into one E-portal. We extracted the key ideas and explained it in such a way that it is understandable yet does not take the meaning out of the contents, and added our own personal ideas that are relevant to student-athlete viewers so that they will have a better understanding of the information disseminated. We have also made our E-portal interactive to cater to individual needs. An online test was also incorporated to help students assess their strengths and weaknesses so as to better understand themselves and pave the way to manage their time better through stronger self-awareness. Our one-stop guide is a simplified version of some tips and tricks on how to better manage their time. The student planner was developed based on the idea of setting achievable goals daily, weekly, monthly and yearly. Last but not least, our instagram page consists of bite-sized information (3-4 sentences) of what we have on our website and a pamphlet designed for our target audience. It was also made “public”

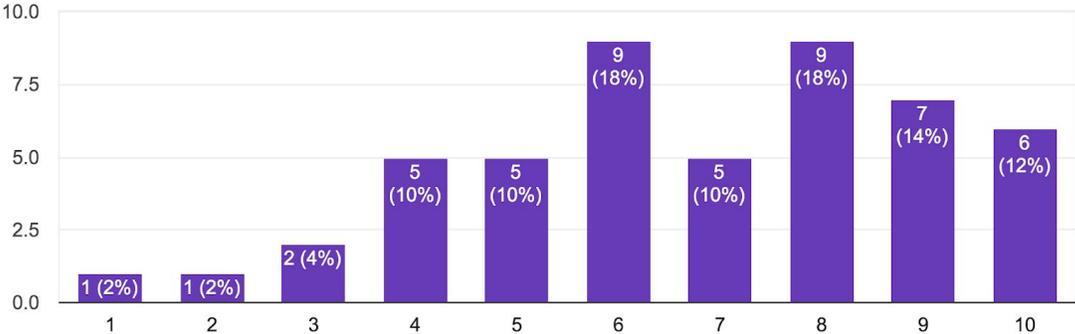
to raise awareness of our project and more than 200 followers have been following the updates.

### 3.4 Pilot Test

The first pilot test was administered to 51 of the student athletes. A large majority of our surveyees rated 7 and above in all of our questionnaires, showing that they have found our products appealing, useful and innovative. The feedback was positive and there was unanimous consensus that the package would be useful to them.

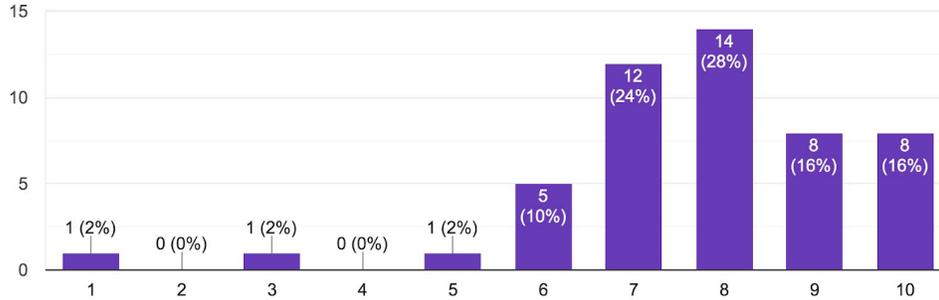
After viewing our website, on a scale of 1 to 10, how engaging and creative were the information presented in the website?

50 responses



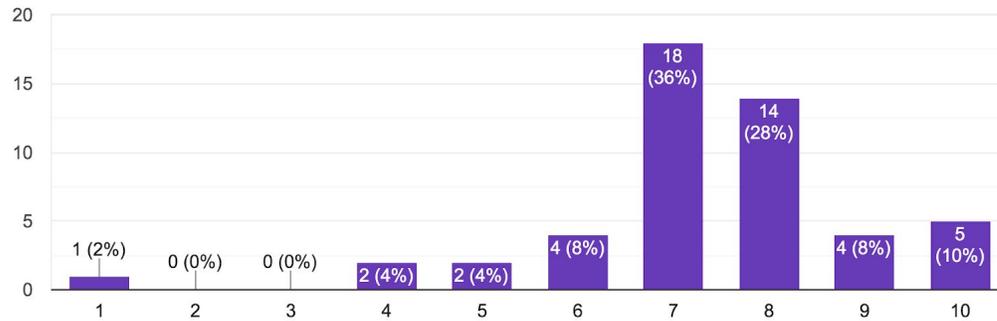
On the scale of 1-10, how convenient and feasible do you think our suggestions are?

50 responses



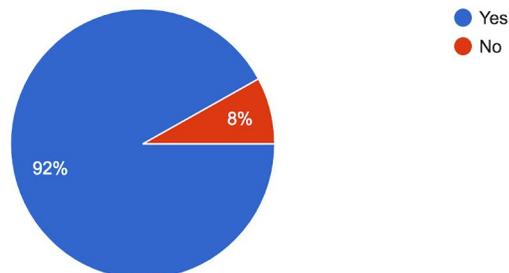
On the scale of 1-10, how useful was the information provided in equipping you to properly manage sports and studies?

50 responses



Do you think that the information provided in the website is useful for you in the future?

50 responses



## General comments

“Useful and will definitely help me manage my time”

“Teaches me how to fully utilise my time aka. Making use of my waiting time”

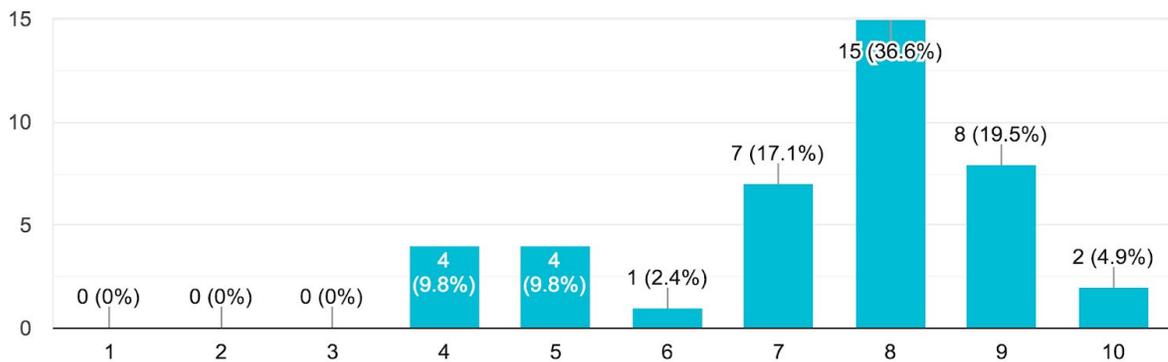
“ I now know what is the best way to train smart as this website provides information on how the human body works and what would be the best way to train.”

We conducted our second pilot test to find out if our products has achieved its purpose.

41 of the same surveyees followed through with our project and we conducted the survey after all of the tests in term 3. These are the results:

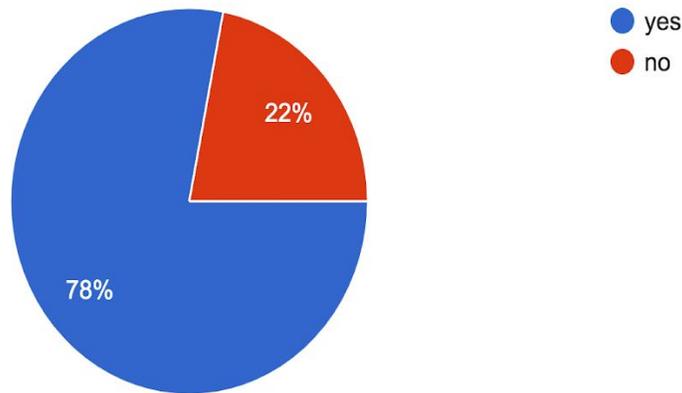
From 1-10, how useful is our project in helping you manage your sports and studies?

41 responses



## Has there been an improvement in your results?

41 responses



### If yes, how has your results improved from term 2 to term 3?

"math from b4 to a2"  
"Chem improved from f9 to c6"  
"Social studies from C5 to A1"  
"Chinese improved from D7 to C5"  
"Math from B4 to A1"

"it is useful in managing my time"  
"If u follow the website carefully it's actually really helpful"  
"i can manage my time better  
more time to memorise info, thus better results"  
"despite so i still managed to obtain more sleep time due to the advices"

## 4 OUTCOME & DISCUSSION

Although the project obtained positive feedback during pilot-testing, we acknowledged some limitations to our project. We came to understand the need to be down-to-earth as many

viewers of our website suggested that we keep our goals achievable and realistic. Thus, we have reviewed our website and adjusted some of the goals we have set for student-athletes to complete by the end of each day, week, month and even year. For example, we raised the suggested time of sleep to 11pm, compared to the 9.30pm we have set earlier (taking into account school work, dinner and leisure with a minimal sleeping duration of at least 7 hours).

## **5 CONCLUSION**

This has certainly been a challenging project to undertake as a lot of research had to be undergone in order to ensure that the information in our resources were factually accurate and realistic for student-athletes to implement. It was enriching to learn a lot more about this field, to learn important skills such as critical thinking, teamwork, and perseverance, and heartening to successfully create a resource package that can now be used by student-athletes to effectively juggle two important aspects of their lives! We hope that we would be able to use this package to reach out to more student-athletes and make a positive impact on their lives.

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