

The Consequences of a Later School Start Time

With the majority of schools in the United States starting earlier than 8:30 a.m., there has been recent controversy over whether or not schools should start later. Proponents of a later start time argue that more sleep results in better academic performance from the students. Though it may be true that sleep can positively impact a student's academics, a later school start time will not guarantee more resting time for the students. In fact, it will do the opposite, as students will have to perform the same duties and responsibilities, just at a later time. Therefore, schools should not start later because doing so would interfere with time management, interrupt extracurricular activities, and disrupt teacher schedules.

Author Robin Sharma once said, "Time management is life management." Without the necessary skills to manage one's time effectively, one cannot accomplish the many tasks that come with the responsibilities of work, school, and extracurricular activities. Especially for a student balancing different workloads, time management is imperative to a successful academic career. In reality, a later start time will only hinder a student's ability to learn instrumental time management skills. A student who cannot already plan out enough time for sleep will not have the skills to do so with a later school start time. Rather than extending the start time, students should be taught how to manage their time in a way that will allow healthy and adequate amounts of sleep.

For a student very involved in extracurricular activities, I would be harmed by a change in the school start time. Most of the clubs and organizations that I am a part of at school require meetings after school and attendance at out-of-school events. If the school start time is pushed back, I will have to stay at school or at the events longer, or may not even have the chance to

attend mandatory out-of-school events. For example, as a member of the Student Government, I often help with setting up school events. If school started later, it would end later as well, and my peers and I in Student Government would have to stay at school after dismissal for a longer period of time. Additionally, a later school dismissal time will impact my involvement in after school extracurricular activities. As a Model United Nations Delegate, I have to attend competitions and training sessions at a certain time. If I cannot be dismissed from school in time to make it to these responsibilities, I will not be able to participate in activities that I am very passionate about. Because a later school start time will greatly impact a student's ability to engage his or her self in extra curricular activities, the school day should not start later.

In the perspective of the teachers, a later school start time would take away from their leisure time. After being with their students all day, teachers go home later in the evening after planning for the days ahead and finishing up grading. If the school day were to start later, teachers would lose significant amounts of time spent with family and friends because the extended school dismissal time. Though some may say that teachers can spend time with their families in the morning, mornings tend to be busy with family members going to work at different times or friends attending to their own responsibilities. The most viable option for teachers to take care of their personal needs is after school, and this time should be respected.

In essence, a later school start time would be a detriment to both the student and the teacher. Instead of teaching students how to practice time management, a later start time will actually do the opposite. Schools starting later will also be an obstacle for students and teachers with timely responsibilities. Thus, a later school start time will ultimately do more harm than good, hindering a student's ability to be successful in school and in the community.