University Hour (U-Hour)

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University Hour (U-Hour) was first implemented at various California State Universities to increase on-campus involvement, engagement, and participation with university resources. It was also designed to increase student involvement, engagement, and participation in extracurriculars and organizations led by students, and many campus services ranging from academic support, diversity initiatives and resource centers, and student wellness. These universities with high commuter and Hispanic student populations, strategically chose peak hours to implement this program to gain better participation and consistency.

The major research questions this study will address is if the benefits of U-Hour to college students outweigh academic scheduling conflicts. Often, universities have strict scheduling constraints that only allow or leave room for programs like U-Hour to implement. The anticipated results are that the benefits of U-Hour and other programs like it are worth implementing a change in the academic scheduling, especially to universities with high percentages of first-generation students, Hispanic/Latinx students and commuter students.

For this study of U-Hour, mixed methods will be used that consist of qualitative and quantitative approaches to gather data. A survey will be designed that will ask various questions regarding U-Hour. Qualitative interviews will also be conducted, asking students to share personal testimonials of their experiences with U-Hour. Once the survey and interviews are designed, appropriate faculty at California Polytechnic State University, Pomona, will be contacted in an effort to distribute the survey. A mixed-method approach was chosen for this study to help gain a better gauge of the effectiveness of U-hour, both quantitatively and through student commentary. After reviewing potential impacts, there will be recommendations for future use at the university level.