

Balancing Act

Life is a Balancing Act

In college, you will find that you are pulled in many directions at the same time. A successful student is able to switch gears from one subject to the next and then from studying to having fun. Too much studying will create stress; excessive fun will get in the way of your goals. A well student balances all areas of his/her life. Consider the following tips to help you make smart decisions about where to focus your energy in order to be a happy and healthy student.

Academics

Time management is the key to keeping up with the demands of college. Staying organized with a schedule will free you up to be able to enjoy some stress-free times. Not knowing what is ahead will keep you worrying about what you should be doing.

Your Social Life

Social connections are healthy, as long as your friends are positive influences in your life. Keep an eye on new friends and dating partners who can use up a lot of your valuable time. Allow yourself permission to say 'no' and turn down some offers.

Your Family

Even though your family can be a good source of support, there are also times when they create additional stress. It is difficult to focus on school when there is a family crisis at home. Keep in touch with your family but also realize that they are learning to handle some things on their own, too.

Your Personal Life

You need to be able to make time for yourself in order to do things that you enjoy without any expectations or pressure from others. Continue to pursue the interests that you had in high school. Find ways to develop yourself as a unique, one-of-a-kind person.