

Balancing work, school and fun



When you overload yourself, burnout can happen more quickly than you think. Below are some tips to help you succeed in all you take on.

- **Schedule everything, including time to relax**

You're probably scheduling class and work already, but are you scheduling downtime? Write it on your planner and stick to it. You'll thank yourself later.

- **Do small chunks of work whenever you can**

Life is full of waiting. Use this time to get something done such as, reading an article for class, doing some drawing exercises, etc. You'll feel more productive and the little tasks will start to add up.

- **Get enough sleep**

It's hard to focus on anything when you're tired, which leads to spending more time on simple tasks than necessary. Prioritize sleep over all-nighters — you won't regret it.

- **Reduce multitasking**

There are times when multitasking can be beneficial. But in general, try to focus on one task at a time and be fully present for each. You'll find that it reduces fatigue, increases productivity and allows you to enjoy your hobbies.

Sample schedule:

Early bird



6:30 a.m.

Wake up and use an app like Headspace to do a quick meditation before starting your day.

6:45 a.m.

Get ready while listening to music or a podcast that energizes you. Eat breakfast — even if it's something light.

8 – 11 a.m.

Go to class and then eat lunch.

Noon – 4 p.m.

Work at your student job. During your commute or break, squeeze in some reading or work on a hobby like sketching, writing or knitting.

5 – 9 p.m.

Eat dinner, see friends or do homework.

10:00 p.m.

Wind down with a calming routine, such as journaling, listening to relaxing music or mediating.

10:30 p.m.

Zzzzz...

Sample schedule:

Night owl



10:30 a.m.

Wake up and use an app like Headspace to do a quick meditation before starting your day.

10:45 a.m.

Get ready while listening to music or a podcast that energizes you. Eat brunch — eggs, fruit and oatmeal are all filling, late-morning foods.

11 a.m. – 1 p.m.

Attend your first class block.

1 – 4 p.m.

Have study time at the library or a coffee shop. Eat lunch or have a snack.

4:30 – 5:45 p.m.

Go to class.

6 – 9 p.m.

Go to a student club meeting or Greek gathering. Enjoy dinner with friends.

10 p.m. – 1:30 a.m.

Complete homework and do something fun, like drawing, reading or playing a video game.

1:30 – 2:30 a.m.

Get ready for bed with a soothing routine — journal, listen to relaxing music or meditate.

2:30 a.m.

Zzzzz...