



Three guys laughing on the side of a street

"PROCRASTINATION
IS THE NUCLEUS OF
FAILURE IN
COLLEGE."



Lady sleeping on top of computer and notebooks

Time Management In College By Emma Hean

"I'll do it tomorrow." "Just one more episode." "Let me take a nap first." These are phrases we've all surely said to ourselves instead of being productive, i.e., doing school-work. If I could tell you one lesson I've learned so far during my time as a college student, it would be the importance of time management. Having the ability to properly manage your time is an essential skill. Time management runs your life; it can make or break you. It affects your grades, your social life, and your sleep schedule.

If you don't retain anything else from this essay, please retain this: COLLEGE. IS. NO. JOKE. We all had those classes in high school that were so easy there was barely a need to work hard to obtain a good grade. We could slack off in class and still end up with an "A" at the end of the semester. Sorry to tell you, but college is absolutely nothing of the sort. Every class needs your full attention. You might not always have classes that give homework, and some classes don't give you quizzes at all, only tests, but best believe you will be BUSY.

The average student at Loyola has 5 classes, some have more. So, imagine having 5 classes, with each class shoving new material down your throat on its respective day. And obviously, the professor must assess you to determine if you comprehend the material. You could expect 1 quiz a week and 1 or 2 exams every 4 weeks. And how often you're assessed heavily depends on your professor and major. As a bio major, I have 2 quizzes each week, and normally 2-3 exams every 4 weeks for my science classes. Sometimes, I have an exam one week, and two other exams the following week. For my non-science classes, I have an essay due every 2 weeks. But that's not all. On top of all those, I have homework each night for these non-science classes. Studying, homework, quizzes, tests—everything can quickly get overwhelming if you don't manage your time properly.



Effects of Poor Time Management

Many have not mastered time management and the negative effects are perceived in their sleep cycle. As stated by the [National Sleep Foundation](#), college students (young adults 18-25 years old) require 7-9 hours of sleep a night. I wish, I usually get 4-5 hours of sleep. There are two common reasons for not getting enough sleep as a student—procrastination and overworking yourself. Both reasons fall under the umbrella of poor time management—and trust me, neither is good for you.

Poor time management also negatively affects your grades. Procrastination is the nucleus of failure in college. Professors load you with so much work and you cannot afford to be lazy. If you don't study consistently, and you let work pile up, you're digging a very deep hole for yourself, and trying to come out will feel as hard as climbing Mount Everest. For example, you have a research paper due in 2 weeks, and you keep pushing it off. You come to realize a week before that you have an exam coming up that same week as your essay's due date and you haven't yet started the essay or studied. I assure you that you won't be well prepared unless you try cramming for your exam and quickly write your essay as well. And don't forget, your other classes won't pause and wait for you to catch up. So now you have an exam to study for, a research paper to write, and homework. In consequence, you will most likely be subjected to cramming, and this is the worst thing you can do. According to [The Nerve Blog](#), "cramming involves trying to memorize as much information as possible while only actually being able to encode some of the information as short-term memory." And because you will have little time and so much to do, you'll have to work through your weekend. This leads us to the negative effects of poor time management on your social life. A big part of college involves socializing, and though our parents don't like it, partying. If you're procrastinating during the week, you'll need to make up time by working during the weekend. It means you will not attend out-

ings or parties with your friends. It also means you won't be able to relieve the stress that has built up during the week. But fear not, I will let you into some secrets that contribute to having a successful education, while still being able to have a life.

THE RIGHT WAY

The goal is to have a well-balanced life. This balanced life means you can complete your homework and studying, have time to socialize and eat and get at least 7 hours of sleep, all in 24 hours. A few factors go into bringing all these important aspects of your life into a well-organized manner. Here are a few suggestions:

Organization

Organization is key in college: Before school starts, read through the syllabus for each course you'll be taking this semester and mark due dates. You can do this by writing them down in your planner; make it more fun by color coding for each class. Using a whiteboard calendar could also work, but it's easier with the planner because you can carry it around with you.

Study Tips

It's important to have a schedule for studying, so you stay organized throughout the semester. When studying, I would advise you to have your phone set on do not disturb or power it off altogether. Doing so will keep you from the distractions of notifications. You could also place it out of reach, so you're not tempted to pick it up. Spacing out your studying is also very helpful; for example, give yourself a month to study for an exam then you could place 2-3 days between each study day for that subject.

Different people like studying in different settings, but I would say a more isolated setting (preferably away from your friends) is best for getting work done. And maybe you might work better when you're around others who are working too—[The Study](#) or other similar study places would be perfect.

Studying effectively could be hard for some people because it takes technique to study. There are a few ways to encode as much information as you can when studying. Amaya asserts that "Since biology is a vocabulary-based class, flashcards helped me study and allowed me to practice repetition. Also, drawing the diagrams provided in the power points and going through each step, gradually relying on my memory, helped cement the information." Also, professors advise knowing what kind of learner you are to add to successful comprehension. There are three styles of learning, kinesthetic, visual, and auditory and an article by [Stafford](#) elaborates on these styles. Knowing your learning styles will allow you to know what strategies work best for you in order to help your brain process information better. This could include rewriting your notes, drawing out a diagram, or even listening to a class recording and other videos concerning the material.

Have Fun

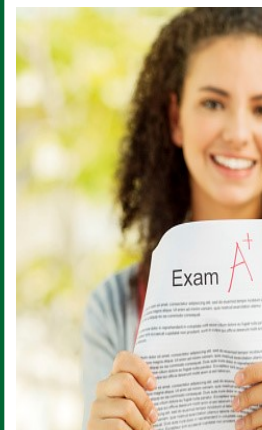
Make sure to have fun. School is stressful and this stress must be relieved in order to have a healthy life. Utilizing some of the study tips and organization strategies provided above will allow for social time without pondering over incomplete schoolwork. We're young, and we love meeting new people and building a social network. And most of this happens at clubs we join, and outings or parties during the weekends.

That's all I have for you! However, you'll find more tips through research so you can make your semester as successful as possible. Make smart choices, work hard, and have fun. Welcome to Loyola new Greyhound!



A planner organized with color-coding stickers

"SCHOOL IS STRESSFUL AND THIS STRESS MUST BE RELIEVED IN ORDER TO HAVE A HEALTHY LIFE."



A young lady, smiling, and holding a paper titled "Exam"