

# The Importance of Maintaining Balance

By Jonathan Ramos



A scale balancing work and personal life

On an unusually slow Sunday evening, I sat at my desk and wondered what I was forgetting to do. I had procrastinated all weekend long, putting off my assignments until the last day before school. After several hours of grueling work, I finally believed to have finished my assignments and still had an hour before midnight. I decided I would reward myself by mindlessly watching *The Office* before bed. Beginning to watch the first episode of the night, I sprang out of bed. I suddenly remembered one more dreaded assignment. Betrayed by my human memory, I began to work: racing against the clock, attempting to implement every requirement into my assignment. Not only was I rapidly losing precious time, but suddenly I became aware of the growling coming from my stomach. Poor planning forced me to begin my assignment extremely late and without food. Attempting to complete this tedious assignment was difficult as I could not focus. Unable to critically think, I did not complete my assignment on time. Lack of balance lost me ten percent of my total grade for that assignment.

## TIME MANAGEMENT

"I SUDDENLY REMEMBERED ONE MORE DREADED ASSIGNMENT. BETRAYED BY MY HUMAN MEMORY, I BEGAN TO WORK. RACING AGAINST THE CLOCK..."

Time management is a skill that most students do not know they need to work on until they have suffered the consequences of lacking it. Using a planner is a complete game changer. You will no longer feel the stress caused by the immense pressure lack of time brings. By using a planner, you are able to organize all assignments and their deadlines for any given day, or even week. Planners can also keep track of any quizzes or exams you might need to prepare for. Sticking to a schedule ensures you complete everything that needs to be done while leaving some time for resting. Proper rest gives the energy boost needed for class. Strictly following a planned set time for sleeping, homework, and studying, gives you the power to use your time efficiently. Proper time management will prevent you from feeling overwhelmed as a college student, directly improving your college experience overall. Having more time reduces stress and motivates you to learn and improve as a student.

## IMPORTANCE OF SLEEP



List of tasks to do with only sleep listed

As a college student, school is your priority; however, maintaining a proper balance is key to your health and success in classes. Procrastination and the lack of time management skills will result in you having to complete assignments last minute, many times at the expense of an adequate amount of sleep. An analysis by Raphael Gikunda, [The Effect of Sleep Quantity on Performance of Students](#), on the students studying in Kenyan public Universities discovered that "sleep quantity is positively correlated with performance and therefore, those who had Ds and Cs had lesser hours of sleep than the recommended." Exchanging sleep to make up for poor planning will negatively impact you in the long run. Repeatedly losing sleep to make up for wasted time will eventually take its toll on your mind and energy. Loss of sleep makes any student sluggish in the classroom, significantly decreasing academic performance.

## FEELING OVERWHELMED

Feeling overwhelmed throughout a college semester is commonly shared by countless students. An overwhelmed student will struggle with completing assignments on time and accurately retaining class material. When Connor Du-Bois '25 here at Loyola University Maryland was asked for a way to keep himself from feeling overwhelmed throughout the semester, his advice was, "To keep myself from feeling overwhelmed, I take breaks to release stress and occasionally call home to feel more comfortable." A fellow classmate's advice shows the importance of balance, as being a student can become very overwhelming. His use of stress-relieving breaks and comforting phone calls home removes the weight of being a student from him, allowing him to return level-headed and motivated to take on his next task. Maintaining a proper balance as a student relies on how well you can balance your seemingly immeasurable number of tasks. As the semester progresses and the workload becomes tougher, you will increasingly feel more and more overwhelmed. It is during this time that a way to keep yourself from feeling overwhelmed is vital. Figuring it out early on while the workload is not as heavy is very important.



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A wave of several items seemingly about to swallow a person

## OVERCOMING PROCRASTINATION

Overcoming procrastination is an obstacle which many students often don't overcome. Students stick to their destructive methods, procrastinating until the last moment as they somehow manage to turn in their assignments on time. However, their destructive methods to scrape by will eventually fail them. Class of 2024 student Alex Bean overcomes procrastination by separating the places where he studies and where he relaxes. When asked why he overcomes procrastination in this manner Alex replied, "I mostly find myself procrastinating when I am in my room. As a place where I normally relax and hangout with my roommates, my mind is never focused on schoolwork." His preference for separation helps balance his student-life and his personal-life. A separation which helps distinguish how his time can be optimally used.

"MAINTAINING A PROPER BALANCE AS A STUDENT RELIES ON HOW WELL YOU CAN BALANCE YOUR SEEMINGLY IMMEASURABLE NUMBER OF TASKS"

## FINAL ADVICE

The use of a planner radically changes how effectively your time can be used. Even though a planner can sometimes be tedious to maintain, it is worth the hassle. It directly improves your time management skills. By writing down what assignments need to be done, you guarantee forgetting an assignment won't be a problem. The satisfying process of crossing off completed tasks is surprisingly rewarding. A simple method, writing down what needs to be done has the potential to change your life. One week of using a planner will show noticeable changes in your energy levels, classroom performance, and greatly decrease stress from lack of time. Through planning, you gain balance. A student with proper balance will be much more effective in comparison to one with lack of balance. Balance will keep you motivated throughout an intense semester, dramatically increasing your academic performance.

Check out [The Study](#) in Jenkins Hall for more support.



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Person leaning on a calendar full of reminders