



Group Study Sessions!

## The Best College Experience

### By Aidan Daura

All throughout high school, students are told “make sure you manage your time well,” but you will not understand the gravity of that statement until you are faced with the task of living on your own. When you are at home with your parents, they oftentimes check to see that you are all caught up with your schoolwork, making it easy to manage schoolwork, extracurriculars, and fun. Once you get to college, you have all the freedom in the world to whatever you want, but that also means you are burdened with having to manage your own time. Here at Loyola, the school can help you manage your work and fun, but it all comes down to what you do with your own time.

Time management is a skill that you will carry throughout your life: into your job, into your home life, and even into your love life. Learning time management skills now is a great way to set yourself up for success in the future. Most jobs expect things to be done on time and done correctly and college is the time to learn how to do it. Planning is a vital part of living independently and every individual should know how to manage their time.

When thinking of “time management,” people often assume this means a person has too much on their plate. But, personally, what made time management difficult was the immense amount of free time I had. As a person who can be difficult to motivate, I completely understand the troublesome feeling of procrastination. I have a lot of time on my hands here on campus, but procrastination was still something that I struggled heavily with. There are a few things I have done that I can recommend to help: joining on-campus groups (such as clubs or teams), setting up a schedule, and being consistent.

### CLUBS

Our university offers a variety of different [clubs](#). These range from fun clubs to support your hobbies—the anime club, the baking club, or the barbell club—to clubs that will benefit you academically: the psychology club, the forensics club, or the art association. We also offer a large number of club [sports](#) that anyone can try out for. Believe it or not, all three of these types of clubs can help with time management. Yes, that is correct, you can still have fun even while managing your time in college. Through these clubs you can find people who have similar interests and similar majors. Having people around you who are taking similar classes can motivate you to do your work with them because you will be attending similar classes. For example, after basketball practice, a group of people on the team get together and do their homework for the economics class. Joining an academic club is especially helpful in this sense because you know that the people there are also putting in the work to study the same thing you are. Future you will thank you for this because adults with full time jobs are often juggling multiple activities. Whether that includes activities with your kids when you are a par-



If you choose art, you may get to work in this art studio on Hillside.



ent or if it's juggling two jobs and trying to make more personal time. Using other activities to make a full schedule is a very good way to manage your time.

## MAKING A SCHEDULE

Most of these clubs will hold meetings or practices at similar times throughout the week as the semester goes on. This is where making a set schedule for yourself comes in handy. Using either a calendar or a computer, put in everything you have for the week. Loyola uses Outlook as its main source of distributing information, so as a student here, notifications should always be turned on. This makes scheduling easier as well because Outlook has a calendar attached to it, so plug in all your activities for the week and you will be reminded daily of what you must do. Being able to see that time you have free is very motivating and it helped me designate time for work to get done. For example, I knew that on Mondays, I have my nine A.M. class and then I have my eleven A.M. class, so after my first class I would have breakfast and then do the work I had for that class. I would then go to my eleven o'clock class, get lunch, and do my work for that class. I look at my schedule and see that I have some down time before my next class at two o'clock. That time I used to enjoy myself and do anything extra that I needed to do. I go to my two o'clock class, check my schedule, and see that I have lacrosse practice at six that night. Great! I have a lot of free time to have some more fun, relax, or catch up on any other work I have. Having a set schedule makes every day easier and helps keep consistency.



The Loyola Notre Dame Library offers many resources to help students with their studies

## CONSISTENCY

I found that consistency is one of the most important aspects of time management. Having a similar plan week by week helps tremendously. Joining clubs that have weekly or bi-weekly meetings that can be added to your schedule allows for more set things to do, therefore, more consistency. My close friend, Noah '27, makes a good point: "it just helps keep me regimented and on time"; he is a member of two clubs on campus. Another example of consistency is where you do all your work. A perfect resource that Loyola provides for this is the library. If you consistently use the library for work, you will get accustomed to getting work done whenever you go in there. Some people struggle to do work in the same place that they relax or have fun, that is why the dorm room may not be the best place.

College is meant to be fun, yes, but the obvious, number one priority in school is to get your work done and graduate with a degree. Having good time management skills is a necessity to get that done. Nobody prepares you for how difficult it could be. That said, if done correctly, college can be the most fun but also productive time in your life. So, use some of these ideas to make sure your college experience is the best that it can be!



You definitely want to use a planner.

