

## THE BALANCING ACT

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At some point in the semester many students confront the reality that they have put so much of their time into social and recreational activities that they have fallen behind with schoolwork, or failed to meet their own standards. Sometimes the 'fun' has become just another way to procrastinate, while the stress of avoidance looms. It's not too late to get back on track, but at some point it will be, so if this applies to you, now is the time to begin making some changes!

Unfortunately, sometimes students 'overcorrect' by setting unrealistic goals which can result in burnout and giving up. Just as with a healthy eating or exercise plan, the key is to find a balance which can be sustained over time: enough work to meet expectations and feel productive AND enough R&R to keep yourself sane and happy. Every student works best differently: some study better in the morning, others in the evening; some like to work in groups, others need total peace and quiet. The right balance of work and play can vary as well. Some students find that having more structure (higher credit loads, part-time job, extracurriculars) helps them stay on track.

If you already know what works for you, now's the time to begin implementing those strategies. If you think you might benefit from advice on these topics, help is available and it's free! Peer Educators or staff counselors in the ERC can assist you in developing a plan to manage your time, and help you to stay on track. They can also help with notetaking, test taking, and study skills. Stop by the ERC any time Monday-Friday 8:30-5:00 to make an appointment or call 865-5113 for more information.