Chapter 3 School – Life Balance

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Universities are very different from high schools or community colleges, and are much more demanding in terms of time, and stress. This manual will help you, a UW Bothell CSSE student, to maintain the balance between school and life.

# Studying Efficiently

Studying efficiently will allow you to retain information, and reduce the overall study time needed to pass your classes.

## Choosing a Seat

Focusing in class is important to balance school and life. Not getting distracted lets you use your class time effectively to learn, take good notes, and improve your time spent studying.

Therefore, select a seat that allows you to succeed. If you cannot see or hear the instructor well, then choose one that is closer to them. Often, sitting toward the back of the room is a bad choice because that is where students like to talk more. Furthermore, students sitting in front might be distracting by being off task on their laptops.

## Taking Good Notes

Taking notes is an effective way to retain information. Not only does information “stick” more when you are taking notes, but you can refer to notes in the future to further solidify your knowledge.

To take good notes, you should not mindlessly type down everything that you hear. You should only write down key points. Return to your notes after class and fill in the details (just like you would if you were presenting a PowerPoint presentation).

## Forming and Working with Study Groups

Forming and working with study groups is a good way to make you stay on task, build your skills, and expand your network. Furthermore, maintaining a study group is great for helping you study for exams and work on homework.

To form a group, talk to your peers and asking them to join you in study sessions. Another way to start a group is to invite others to sessions on Canvas’ discussion boards.

# Taking care of your health

Taking care of your health while you are in school will reduce your stress levels and give you more energy to channel into your learning.

## Exercising Regularly

Staying active is a great way to relieve the stress of school. It will help keep your mood stable and can allow you to sleep better at night (Bowen, 461). A regular exercise routine will cause your body to adapt to the need for more energy and you will be able to stay awake longer to get things done. Use the following resources to stay active:

* UW Bothell’s Activities and Recreation Center
* UW Bothell’s outdoor gear rental shop called “The Nest”
* Burke-Gilman Trail

## Eating Healthily

Eating healthily is an effective way to increase your energy throughout the day. It will keep you feeling good, and less prone to sickness. Tips for eating well:

* Don’t skip meals and eat at regular intervals.
* Eat well balanced meals by packing food, or visiting Subway on campus.
* Limit your Alcohol and Caffeine consumption.

# Scheduling Your Time Wisely

It is important to maintain a calendar while in school so that you can manage your limited time effectively, and to keep up with your life inside, and outside of school.

Therefore, put everything that you are doing into your schedule. Put things like canvas assignments, activities outside of school, and commute times into your calendar, and keep it up to date. Table 1 is an example of how you might want to section out your activities.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Event | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| Work |  |  |  |  |  |  |  |
| School |  |  |  |  |  |  |  |
| Study |  |  |  |  |  |  |  |
| Homework |  |  |  |  |  |  |  |
| Exercise |  |  |  |  |  |  |  |
| Commute |  |  |  |  |  |  |  |
| Free Time |  |  |  |  |  |  |  |
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Table 1: Filling Out Your Calendar

# References

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