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Where’d all my time go?

The biggest challenge in my beginning year of my college career is going to be managing my time. Time is something we never have enough of, even though everyone has the same amount no matter how they choose to use it. I found that trying to manage school, workouts, work, a social life, homework, and having a good diet all while getting enough sleep has proven to be extremely difficult.

The reason I chose time management is because I am a very busy person and a change in schedule is going to be a huge deal to me. Everyday I feel like I am constantly busy and never have time to just relax and chill out. This summer I worked around 50 hours a week, 6 days a week as a chef, which is a very high intensity job. On top of that I was going to the gym either 4 or 5 days a week either in the morning or at night when I got off work. While doing all of that I kept my diet very healthy and large while dealing with us moving to St.Charles the past month. As you can see I am a very busy person with hardly any free time. While it is good that I was working as much as I did and going to the gym often, it really put a lot of stress on me. On top of the stress, I’d always want to hangout with friends and if I could find time for it, I would have to cut into my sleeping time because I’m just so busy during the day. Then I’d have to be at work at 6 in the morning and that’s where the lack of sleep would come in. Most nights I was lucky to get 6 hours of sleep, and now that I’m on that sleep schedule I feel like that’s really all I need. On top of all that, I’m going to have to drive an hour to school and back unlike high school so that is another hour taken out of my day.

There are a few ways that I’ve came up with to manage the stress and time constraints. “The average American adult (18+) spends 2 hours, 51 minutes on their smartphone every day(Hacker).” I plan to cut the use of my phone drastically by stop using all social media besides snapchat to communicate. Although I hopefully don’t spend that much time on my phone a day, I can increase the amount of time I have everyday by cutting back. Electronics are honestly a huge waste of time if you’re just using them for entertainment and not doing something productive. “On average, American adults are watching five hours and four minutes of television per day(Koblin).” I personally do not watch hardly any television, but just this fact alone so how much time you waste away to unnecessary electronic entertainment. I plan to stop watching videos on YouTube and to cut back on watching entertaining videos as much as possible. Since I was working 50 hours a week I have decided to cut that almost in half to no more than 30 hours a week now that I’ve started school. Although I will still have work, school, homework, and workouts to do, I feel like I can improve the amount of sleep I get by almost completely cutting out electronic entertainment. The real problem is finding the time to hangout with friends to try and cut back on all the stress. I plan to have every Sunday as my day off to get everything together and take a break from normal life to have some fun. The way I’m going to deal with my diet, is by pre making lunches every sunday to take to school with me. By doing this I will save massive amounts of time and won’t have to worry about getting a healthy lunch. With going to the gym, I plan to condense my workouts so I’d do two days in one and only go 3 days a week but have a longer workout.

Overall, the two biggest things I’m going to be dealing with are time management and stress, which go hand in hand. I know how important it is to use your time wisely, and now that I’m older I will have to start using every minute to my advantage.

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