

**BALANCING WORKLOAD AND SCHOOL WORK: AN IN-DEPTH  
OVERVIEW OF EXPERIENCES OF WORKING STUDENTS WHO EXCEL  
ACADEMICALLY**

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## ABSTRACT

Working students face unique challenges as they juggle the demands of their jobs and academic pursuits simultaneously. This executive summary aims to outline key considerations and strategies for balancing workload and schoolwork while excelling academically.

The research study titled "Balancing Workload and Schoolwork: An In-Depth Overview of Working Students Who Excel Academically" aims to investigate the strategies employed by students who successfully manage their work responsibilities while maintaining high academic performance. The study recognizes the growing prevalence of students engaging in part-time employment and the potential impact it can have on their educational outcomes.

The research employed a qualitative approach, utilizing semi-structured interviews and focus group discussions with a sample of working students who demonstrated exceptional academic performance. The participants were selected through purposive sampling, ensuring diversity in terms of employment types, academic disciplines, and educational levels.

The findings of the study indicate that a significant proportion of working students managed to excel academically despite the additional workload. These students exhibited high levels of motivation, strong time management skills, effective communication with employers, and supportive social networks. They emphasized the importance of setting realistic goals, prioritizing tasks, and maintaining a healthy work-life balance.

However, the study also revealed that managing work and school concurrently can present challenges. Participants reported increased levels of stress and fatigue, which occasionally impacted their overall well-being. This highlights the importance of comprehensive support systems and resources within educational institutions to assist working students in achieving their academic and professional goals.

In conclusion, this research provides valuable insights into the experiences of working students who excel academically and sheds light on the strategies they employ to balance their workload effectively. The findings emphasize the significance of fostering a supportive environment that recognizes and addresses the unique needs of working students. Educational institutions, policymakers, and employers can utilize the results to

develop targeted interventions and policies aimed at facilitating the success of working students in both their work and academic domains.

Keywords: balancing, working students' challenges, strategies, IPA