

## Group test

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### Thoughts of creativity hats:

#### 1. Choose hobbies wisely

Balance becomes a problem when we mistake 'escapes' for hobby

The real issue might be that we hate studying. So "anything but study" becomes a hobby. The fear of studies makes us 'fall in love' with many things that we really do not do justice to. The way to identify is that there is no 'learning' or 'growth' happening even after pursuing it for long. There is no 'passion'. Being careful here ensures that you pick up meaningful stuff. Stuff that we really care about

### Thoughts of white hat:

#### 2. Studies are not 'superior' to hobbies

Then "not studying" produces guilt. So we don't do justice to hobbies. Hence we are not inspired/refreshed enough when we come back to studies. So we fail there too.

Life(especially student life) is more about trying different things, sincerely, passionately. Studies included. Just that studies are a 'priority' - time wise. Nobody will penalize you for missing a singing lesson, but there are penalties for missing classes or flunking. Keeping priorities clear helps us do justice to both - but if there is a contention(homework submission deadlines, exam periods) we automatically shift focus to the more important stuff. And we don't feel 'deprived' either

### Thoughts of black hats:

#### 3. Do not take up hobbies to be 'cool'

This involves doing whatever everyone else is doing. Everybody wants to pick up guitar classes, or build robots. Then you waste time, which results in frustration later on. Time which could have been utilized for studies. Which increases frustration if we do not do well there either. Find something that you enjoy 'doing', not just 'popular'. This will help you do justice to your studies too!

### Thoughts of blue hats:

#### 4. Have a schedule for studies

Classes/attendance needs enforce this. But promise yourself to a) Submit assignments on time b) Do them yourself. It is much easier than you think - and creates a huge sense of accomplishment(especially in Indian context!)

Studies might be boring compared to self-chosen hobbies. A schedule forces you to devote some hours atleast. If you are really bored of studies sometime, don't force yourself - immediately pick up your hobby - its ok! Do something meaningful, feel refreshed and come back to your studies. Having a study schedule, goals, assignments helps here. If your hobby group is your study group, it works even better.

### Thoughts of yellow hats:

#### 5. Mindfulness: Make 100% use of every second

The usual problem is not lack of time, but lack of effectiveness and meaning. "Studies" are often about 'attendance' and 'assignment submissions' only. So we are physically present in class, but not mentally. This is a pure wastage of around 6 hours of your day. 'Hobbies' are often escapes from studies. So you might be really spending time in the college canteen - not really doing anything. That's a waste too.

Instead, whatever you do, ensure your 'story' is getting built. When in class - try to absorb whatever you can, even if the professor is not the best. When not in class, make sure you are 'doing' something you love.

This builds you not just as a student, but as a person. College life is not just about 'Fun memories' but about an 'interesting story'. You should be ready to answer "So what's your story?" This helps you in placements and job interviews too!

### Thoughts of red hats:

#### 6. You need not do Everything

Follow your heart, your inspiration. Try a lot of things, stick to a few, commit to some. I have many hobbies, but I do not do everything all the time. Its not about 'proving' anything, but 'enjoying' everything.

### In summary:

- Hobbies and studies are both important, but depending on your the time, one might be more important
- Do not choose hobbies as an escape from studies. Do it because you love it

- No matter what you do, do it 100%. Not just for the sake of 'attendance' or 'popularity'
- Being cool is not about 'chilling out'(That's boring after a point) but about 'Building your own story'(Your job seldom gives you that chance) Use the opportunity!!