

## STUDY/LIFE BALANCE

### Tips and information



You are at University because you want to excel so of course you need to prioritise your learning. But it is so easy to get caught up in studying that everything else is neglected. You may feel like you have invested many hours into your studies but have not achieved your study goals. You may also feel frustrated and think that you need to spend much more time studying, compromising on other aspects of your life.

Or you could feel like you have plenty of time at the beginning of trimester and put off your studies, and then you feel incredibly rushed at the end and promise yourself that you will spend your time more wisely next trimester but fall into the same situation again.

#### How to recognise study-life imbalance?

Here are some of the warning signs:

- ▶ Spending much more time attending events, invitations, work and commitment to others
- ▶ Spending much more or much less than the recommended 10 hours / 10 credit points studying
- ▶ Compromising on sleep and other aspects of healthy living for your studies
- ▶ Feeling very pressurised and like you don't have time for anything else
- ▶ Your relationships suffer, you may feel isolated and think that no one understands
- ▶ You feel disinterested in everything else - when your friend/family texts you and asks you out, you feel incredibly pressured or you keep looking at the time instead of enjoying their company.
- ▶ You feel like you have no time for meals and are putting on or losing weight
- ▶ You feel dissatisfied and unfulfilled with daily life.. You may say to yourself, "When this is over, I will enjoy ...."
- ▶ Your mind wanders when you are studying, and it is hard to stay on task

#### Strategies

##### Pause and plan

- ▶ Take time to plan and set out your study goals
- ▶ Create an overall plan for the whole trimester and weekly plans of tasks to accomplish. Factoring in time for the other important aspects of your life
- ▶ Learn some **time management strategies**

##### Prioritise your wellbeing

- ▶ You do your best when you are healthy and thriving
- ▶ Take care of your wellbeing through regular exercise, healthy eating, social activities and relaxation practices

##### Quality study time

- ▶ Find a conducive place to study where you can focus without too many distractions
- ▶ Determine your goals for the study session, stay on task and build in breaks to maintain productivity
- ▶ Find study skills that work for you - work smarter not harder

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### *Strategies continued*

#### **Make time for what's important**

Remember all the different aspects of your life that are important to you. Like a healthy lifestyle, these contribute to your wellbeing. For example:

- ▶ Hobbies and recreational activities
- ▶ Family and Friends
- ▶ Work
- ▶ Spirituality
- ▶ Community contribution

#### **Don't overcommit and know your limits**

This is a hard one as you probably won't know where your limit is until you hit it. Take heed of the warning signs you are not coping with your current study load and find ways to cut back.

### *Support*

Sometimes it is easier said than done. If you find these challenges significantly impacting on your emotional and mental wellbeing and need to talk to someone, contact the [Counselling and Wellbeing](#) service.

There are also a number of different [support services](#) available at Griffith depending on your need.