



Work-Life Balance

Studying at University is an exciting and rewarding experience but it is also a lot of work and challenging.

You might find that there are times when you feel stretched and struggling to give time and energy to study.

Work-life balance becomes unbalanced when the demands upon you exceed your ability to cope.

Sometimes you will get help, ignore other things, reduce amount of leisure even sleeping less. This might be OK with you, but if it not you might begin to feel stressed and then there might be some dangers to your well-being.

Planning time and demands:

Considering all the demands you have. Think about which you can spend less time doing and work out which are your priorities are at different points in time.

If you have a number of assessments, you need to try and allocate times to each, working on them in stages. Sometimes short periods of study where you can fit them in can be useful.

This approach means that you need to be organised and ready to study at those times.

Sometimes you can reduce other things, for instance:

- Reducing employment to accommodate study
- Getting the family to do chores or cutting back on activities which take time

BUT remember this is about balance and there has to be life outside of study as well. So think carefully about how you do this.

- Try and communicate with people around you such as you family and friends, so they know you might not have as much time
- Speak with employers and colleagues to plan shifts etc.
- Sometimes we have to say 'no' to other demands people want to place upon us

As you begin study it is useful to list all the activities you are involved in and consider whether you have to:

- Give this as much time as you do
- Can someone help out?
- Can you give it up?

Recording a typical week can show what you are spending time doing, which can show where you might be able to re-allocate time and energy.

People get used to changes and study is often about something which is short term (ish).

Work-life balance can be achieved through various strategies.

One approach is not necessarily better than another, but relates to practicalities in terms of:

- The time and space you have
- Your approach to learning
- Being organised where you study
- Seeking support from those around you

Work-life balance is often about finding and making time. There is no machine to help you do this, it's really about reducing what you do, cutting corners if you can or gaining help.

You might have to give up some leisure time. However, many students find that they get to enjoy learning so much they don't need leisure.....as much!

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