

# **Life is a Balancing Act**

## **Learn to balance your Life**

---

### **Juggling Act**

Time management is the key to keeping up with the demands of college. Staying organized with a schedule will free you up to enjoy some stress-free times. Your student handbook provides a calendar for scheduling.

### **Your Social Life**

Social connections are healthy, as long as your friends are positive influences in your life. Be careful with new friends and dating partners who can use up a lot of your valuable time. Remember, you can say “no” and turn down some invitations.

### **Your Family**

Family can be a good source of support. There are also times when family creates stress. It is difficult to focus on school when there is a family crisis at home. Keep in touch with your family but also realize they are learning to handle some things on their own, too.

### **Your Personal Life**

You need to be able to make time for yourself. Do the things you enjoy without the pressure from others. Continue to pursue the interests that you had in high school. Find ways to develop yourself as a unique, one-of-a-kind person.