

Balancing School and Life

Name

Institution Affiliation

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Balancing of the school work and the life is important for everyone who is undergoing through career studies. The career studies require a settled mind that can help the student to absorb the knowledge that is being taught in the learning institution. Therefore, it is important if one ways the school life and the normal life outside the school (Martinez, Ordu, Sala & McFarlane, 2013). According to my life self care-plan, there are some areas that require adjustment so that I can adequately perform in the class work as I give the good opportunity to the things that I do outside of school. For that matter, I need to make some adjustment in my quality of life plan especially those that negatively affect my studies at school. For instance, I need to adjust the rates of my intellectual and social life. There should be an improvement in my intellectuality rate since learning require so much concentration and the knowledge to grasp the new ideas that are being introduced in class (Martinez, Ordu, Sala & McFarlane, 2013). And therefore the intellectual should be improved above 7.

The other factor that net to be regulated is the social rate. When I socialize so much with the people in school and outside the school, I will not have enough time to revisit my class work, and for every individual to perform effectively, then there must be a constant revision. Too much socialization will only be of benefit to the friends who will be having my time whenever they need me, but it won't be effective for my studies (Ang & Pringle, 2008). Therefore I will work on the social rate by reducing it to an average of around 6 so that I don't lose many friends who might require my help as well as I focus on my education. On the same note, I will have to work on the physical rate as well. I will have to reduce the number of times that I take to do exercise. This will be as a result of managing my time to conduct other duties like the occupational activities. I will have to maintain the balanced diet that I used to take while reducing the time that I take to the gym. For instance, I reduce going to the gym from twice to once in a week, or I

reduce the duration that I take at the gym by 30 minutes to help me prepare for other activities that I need to work on.

On the other hand, I will have to maintain the score that I have gained in my emotion and the environment. The good emotions give me the opportunity to be attentive in class and also to ensure that I don't overload my brain with other activities that might hinder the learning to take place to me. On the environment, I will have to be familiar with the learning environment and be adaptive to it as well as to the people in the learning institutions like the classmates, the other students and the lectures (Ong & Ramia, 2009). This will give me the opportunity to easily get help and get an update on learning issues. Being adaptive to the environment will help me to develop new friend who we can create a group discussion where we can learn more about the class works and the lessons that were not well understood during the lectures. The rates of the other remaining areas should just remain the same for my success in school.

References

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