

TransferMation

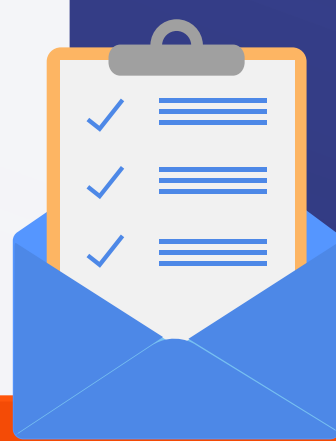
Between your responsibilities and everything else, it can be difficult to manage your education and still enjoy the best years of your life. So how do you keep a balance?

Find Your Balance

1 How Do You Maintain Balance?

List the things on which you spend time that are not productive in terms of learning.

Be sure to include screen time, work out time and time spent hanging out, doing chores, going to parties and other social events.



2

Challenge

A. Review your list and group similar items together. For example, some similar chores might be combined into a single chore called "cleaning".

B. Rate each of the items on your list on an enjoyment scale, from 1 = "mostly painful" to 10 = "very enjoyable."

C. Now rate each of the items on your list on an obligation scale, from 1 = "not necessary" to 10 = "must do."

D. Finally, compare the two ratings. There are tasks on your list that you just have to do, fun or not, but look at how you spend your down time and ask yourself, am I really making my down time count? Am I choosing things that truly help me be happy and have fun? Hours on social media may not make you as happy as a dinner with friends. Choose wisely to keep balance in your life.

3

I want more!

Check out these free offerings at WCSU:

Wellness @ Western
wcsu.edu/wellness

Institute for Holistic Health Studies
Yoga, Reiki sessions, and Meditation
(IHHS) wcsu.edu/ihhs

Center for Student Involvement (CSI)
wcsu.edu/studentlife/staff/

WesternRec:
westconnathletics.com/general/RECREATION/Recreation_Department

Great music, art and performances through the School of Visual and Performing Arts!

