WCSU Stress Management Project

Gabrielle Christofor
Honors 498-03
Stress Management
Christel Autuori
Time Management at WCSU

Working to balance...

Work Life
Connection to Others
School
Personal Life
Common WCSU Problems relating to Time Management

- Not being able to fully focus on schoolwork
- Managing time for work and school
- Managing time for self care and studying
Not focusing 100% on schoolwork

Many students struggle to sit down and concentrate on their work for long periods of time. They start work, but then get distracted by electronics or people around them, and cannot seem to get back on track.
Struggle with delegating time for work and homework

Jobs require a great deal of attention and time. Students find it difficult to feel proud of the work they’ve done, both at work and school.

At Westconn, it takes at least 15 minutes to get from one campus to another, so commuting for work takes time.

Commuting to work outside of the WCSU campuses take even more time. Students stress about making it to work/class on time (especially if they are using the shuttle/public transportation).
Managing personal vs. schoolwork time

- Students feel guilty taking time for themselves
- Cannot enjoy time knowing they have work waiting
- Push off assignments until the last minute and then are very stressed

Time management skills can help with all of these categories of stressors
Common Time Management Mistakes

1. Not eliminating distractions
   Turn off notifications on your phone, computer, watch and TV while working. The outside world doesn’t need to be accessible to you 24/7.

2. Multitasking
   When it comes to schoolwork, take one step at a time. The best work gets done when you give one thing all your focus.

3. Not allowing yourself to take breaks
   The mind needs time to rest. Schedule time for work so that you can take a break whenever you feel overwhelmed.
Healthy/Unhealthy Coping Styles

Healthy
- Making a combined schedule for yourself, your work, and school
- Prioritization
- Communication with professors, coworkers, and classmates

Unhealthy
- Procrastination
- Not checking emails
- Not going to a distraction free study space
- Feeling defeated after a missed assignment/class
Preventing Stress in the Future:

School

Write down the assignment

Brainstorm
  - Organize thoughts on paper

Make a plan
  - Do outside research
  - Make a schedule to complete it
  - Set aside uninterrupted time
Preventing Stress in the Future:

Work

Look for who is hiring

Open positions at WCSU
- Do they ask about your class schedule?
- Ask if you can work on 1 side of campus

Positions in the Greater Danbury area
- How many hours required a week?
- Will they work around your class schedule?
Preventing Stress in the Future:

- Designate time for self care
  - Self care in a small amount of time
    - Color
    - Read
  - Care that requires 30+ minutes
    - Listen to music
    - Draw
    - Exercise
    - Nap
    - Watch a movie
    - Cook/bake
On Campus (and Virtual) Resources for WCSU:

Your residence hall’s ARM(s)

Career Success Center

Professor’s Office Hours

Tutoring Center

Peer Academic Coaching/Tutoring

There are so many people that want to assist you in learning to manage your time at WCSU
Online Resources

- To make a schedule for the semester try “Free College Schedule Maker”
- Use Google Calendar & sync your Outlook (school) calendar for automatic reminders on work, personal life, and school
- Download “Rescue Time” on your phone or computer to discover what your main distractions are, track time working/breaks, and schedule time either by yourself or with friends
- Download “Focus Keeper” to use the Pomodoro Technique & work in 25 minute intervals with 5 minute breaks
To Prevent Stress from Poor Time Management at WCSU...

1. Print all syllabi at the beginning of the year
   a. Hang it where you’ll be reminded
2. Copy & paste due dates into a calendar for electronic reminders
3. Visit your professor’s office hours
   a. It is a great way to make a plan for an individual class
4. Write in time dedicated to studying in your calendar
5. Take breaks
6. Ask questions at least 2 days before the due date
7. Get the hardest work done first
Planning for Future Stress

- Acknowledge the stressful assignment
  - You are not overreacting
- Know that you will get it done
  - Anticipation of future stress causes way more stress than if you keep your mind in the present moment
- Spread out the work as much as you can before the due date
- Reward yourself after it is complete
A Time Management Vlog:

Feel free to watch my video on time management during the pandemic and share your own!

https://www.instagram.com/tv/CEmUOXbAG_I/?igshid=jbkgkhz6fwuj
No More Stress
Manage your time to decrease your stress levels
Sources


“How to Fit Self Care into Your Day.” A Purpose Driven Mom, 7 June 2020, apurposedrivenmom.com/how-to-fit-self-care-into-your-day/.