

Balancing University, Work and Social Commitments

Written by Jess Tran

When you need money to get by each week, and at the same time stay on top of your studies and maintain relationships, it can get very difficult to balance everything. However, that doesn't mean the solution is to confine yourself to a dark corner and accept that you're going to be a hermit forever. Here are a few tips I've learnt along the way on balancing your uni, work and social commitments:

1. Staying organised

Find a technique that will help you organise your life, whether this is using Google Calendar or buying yourself a diary. Organisation and time management are crucial in ensuring a healthy work-study-life balance. By organising your weekly schedule in terms of university and work commitments, you will allow yourself to make time for personal study, catch-ups and exercise.

2. Be realistic

This means understanding what you can realistically juggle on your plate and accepting that some things may have to change. If you know you're struggling to stay on top of your studies, accept that you may have to cut back on social outings and work commitments.

3. Spend your time wisely

Prioritise the important things. Don't take on extra hours of work if you know you'll need the time to work on an assignment due next week. When it feels like your studies are slowly consuming your social life, shoot two birds with one stone; an effective way to balance study and your social life is by studying with a friend or forming a study group.

4. "Treat yo' self"

Finally, ensure that you're not drowning yourself throughout the semester. As soon as the important tasks are done, make sure to devote some time for yourself even if it's just once a week. Go spend time with your friends and family, have a Netflix binge or if you have a bit to spend, take a trip down to the shops and forget about the price tags!

With exams approaching fast, it is now more important than ever to maintain a healthy balance in life. Prioritise the important things and remember to not burn yourself out before the exams.

About the author



My name is Jess Tran and I'm in my second year of my Bachelor of Actuarial Science degree. If I'm not at uni or at work, you can catch me reading, watching TV shows or making a sarcastic remark.