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Sleep, Party, Study

When entering college, many people will give you advice. This advice is generally well meant, the people just speaking from their own experiences and what helped them. One common piece of advice is the fact that you have three options: Sleep, Party, and Study. You can only choose two. However, after a month and some days in college, I have quickly found that this advice is not necessarily true, as I believe I have managed to balance all three.

Now, this belief may be assisted in the fact that I am not very social in the first place, so I don't really go to parties, but the time that others would spend partying, I usually spend playing around on the internet. I also may have a bit of an easier time with it, as my coursework load seems relatively light (Not that I'm complaining). But, that aside, I have maintained a balance between work, pleasure, and rest. I find that this balance is much easier to keep with just two simple tricks. One, keep a calendar and/or schedule. Plot out the time you're in class, as well as whatever other mandatory activities fall on a schedule, such as sports practice or doctor's appointments. From there, you can already see what time you have left to work with. The second trick comes from another piece of advice that I've heard, saying that school is a 9 to 5 job. As such, schoolwork should be the main focus of those hours. To be honest, I don't always follow my own advice (case in point, me sitting at my computer, typing this at 10 o'clock at night the night before it's due), but by at least keeping it in mind, finding motivation to do schoolwork is easier.

I do what I can to keep this balance because I find that life is better that way. It is not necessarily easier, but it is better. Stress is kept to a minimum, proper hours of sleep are obtained, and a social life is still manageable. I hope that I will be able to keep this balance for the rest of my life, even after college.