

Getting a Balance

It's important to find a balance between your study and leisure time. University is not solely about academic pursuits. Make time to socialise, take care of your physical health and your wellbeing. Develop time-management practices to help you set goals and prioritise tasks. And if you're struggling, ask for help.

BALANCE

University can be demanding, and it's essential to find a balance between your academic study, your social life, and your personal well-being. You'll need to manage your time effectively, learn to prioritise, develop good habits and set boundaries.

TAKE TIME

However, finding the right balance is an ongoing process. Be kind to yourself and remember that it's okay to make mistakes and learn from them. Allow for self-reflection, experimentation, and adjustment. You'll find that your schedule and priorities will likely change throughout the semester, so be adaptable and adjust your plans accordingly.

PLANNING

It can help to create a schedule, or a to-do list, to prioritize your academic tasks, social activities, and personal time. Remember to set realistic goals and allocate time for attending classes, studying, socialising, clubs and sports, and taking care of yourself. You may also need to factor in a part-time job. You aren't expected to study 24/7. However, you should expect to do 3-4 hours per week of self-directed study per module. This means study time in addition to your scheduled lecture, seminar and lab times.

RESOURCES

Library Services have some resources on [managing your workload and reducing stress](#), including links to planner apps, and guidance on creating effective to-do lists.

BOUNDARIES

Learn to set boundaries and say "no" when necessary. You need to protect your time and energy. You don't have to attend every social event, and most clubs and societies will run activities throughout the year. Build a support system by surrounding yourself with supportive friends, who understand the importance of balancing academics and personal life.

TAKE CARE

Don't forget to take care of your physical and mental health. You should prioritise getting enough sleep, eating nutritious meals, and engage in regular exercise. Physical activity, meditation, and relaxation techniques can help manage stress and anxiety. The University has a fully equipped, inclusive fitness suite, that's available for use by students and staff. You can find out more on the [Riverside fitness suite webpage](#).

ASK FOR HELP

It's important to find a balance to get the most of your university experience; prioritize your wellbeing and when managing your time remember to take breaks and reward yourself after completing tasks. If you're facing challenges that you don't know how to deal with, or struggling with your mental health, you don't have to manage alone. Contact [firstpoint](#), who can help you access specialist support.