

# [Narration: university and time](https://assignbuster.com/narration-university-and-time/)

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Narration to Process Analysis Thesis: (Balancing work, school, and family demands can be a difficult experience for some students. Doing this can lead to stress, frustration, and anxiety. As a student myself, I have many experiences struggling to balance my studies with my personal life. This essay is to help first time distance- education students use their time wisely to achieve their goal of earning a college degree.) Being a distance education student can be overwhelming. Many first time Penn Foster College students have adversity when it comes to finding “ balance" during their college lives. Balance is tremendously essential for any student who is achieving to receive their degree. When a student is unbalanced, it can cause unhappiness or distress. When I was studying to receive my degree in Penn Foster, I found myself asking the following questions. “ How can I become more balanced during my college course, if I have to work extra hours on my job? " “ Will my family be upset if I dismiss their plans for my school work? " “ What if I will never have time for myself again? " If you are finding yourself asking the following questions, I am here to tell you that there is no need to worry. Here are some solutions that will teach you how to balance yourself among your work, studies, and family demands. Creating a Schedule Creating a schedule can have many advantages when it comes to being a Penn Foster College Student. You never want to be unorganized when you are trying to balance work, school, and family demands. In order to make a schedule you can either make a list, get a planner, or you can use your own calendar. Once you have chosen your schedule; you can now write your tasks. First write down the days and hours you have to work. Secondly, write down which days and hours are best available for you to study your college courses. Finally, write down the days and hours you have time to spend with your family. A schedule is defiantly an excellent way to start balancing your life. Communication Communication is dire when you are trying to achieve balance. Communicate to your boss about your college studies. If you work weekends, try to negotiate with your boss about letting you have the weekends off, so you can have time to study. As regards to your family, let them know when you will be able to spend time with them. Remember although you need time to study, it is vital you do not ignore your family in the process. Involving them into your educational life can be positively constructive. It is okay to talk to them about what you are trying to accomplish. Share some of the essays you wrote with them; they will greatly appreciate it. Being Flexible It is necessary to keep in mind that everything may not go according to schedule. Emergencies can come up unexpectedly so; it is crucial to be flexible. Learn to construct a procedure that you can follow but are able to regulate incase other circumstances come. One way of doing that is making sure you put extra hours of studying time on your schedule. That way if adversities come about, you have already studied your material. Administering Stress & Anxiety Having stress and anxiety are common amongst many Penn Foster College Students. Administering it is exceedingly significant. For instances, if you have to get up early in the morning to go to work, and you are trying to study a profusion of books all night when your school project has to be turned in a week later; it is feebleminded to stay up late. Taking a break is considerably beneficial when you have an abundance of school work to complete. Give yourself time to clear and relax your mind. Take a walk, watch a movie, exercise, go to the beach, or try meditating. Do whatever you think is best for you. Knowing You Can Achieve Your Goals Trusting and believing in yourself is fundamental when you are balancing work, school, and family demands. Negative thinking serves no benefit. Remember, almost every college student goes through confounding experiences when it comes to achieving balance, including me. As long as you have the ambition to achieve your goals, your success will be outstanding.