

# Tips for Balancing School, Work & Sports

## Set goals:

- Just like sports center around scoring goals or improving records, it's important to set goals for student life
- Academic goals can be achieving a certain GPA, getting on the Dean's Honor list, or simply attending all class sessions
- It is helpful to set terminal goals (main goals) with at least 3 sub-goals for each main goal
- For example: the terminal goal is to achieve a 3.5 GPA and 3 sub-goals to help achieve this goal would be: 1) attend all class lectures, 2) get ahead on assignments (no procrastinating) 3) study for exams a couple days in advance, not the night before

## Map out your priorities:

- Make a list of all-important assignments
- Sort them based on due date and then by how much time needed to complete a task

## Crosscheck your syllabus, sport schedule and work schedule:

- Check for potential conflicts
- Manage time accordingly

## Communicate with professors:

- Communicate with your professors sooner than later
- Seek support and attend office hours (before its too late)
- Develop a good relationship with your professor – they are more likely to find a flexible solution

## Schedule study time:

- Practices and work are on a schedule, thus making it a routine – the same should be for your study habits
- Plan ahead to get things done early
- Make a schedule that includes: classes, work, practices, competitions, and time for homework/studying

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## Accountability:

- Find someone to hold you accountable to your academic goals (a coach, a teammate, etc)
- Work as a team off the field and study together

## Sleep well:

- There will be social temptations, but student athletes can't afford to stay up super late – you will burn out quickly and fall behind
- You can always find other time to be social, but it's important to remember that it's easier to catch up with friends another time than to catch up on sleep and studying

## Eat well:

- You are what you eat
- Fuel your body and mind with healthy, clean foods – stay away from junk and fast foods
- Start everyday with breakfast – skipping breakfast is starting your day with failure

## Stress less:

- Don't strive for perfection – strive to be the best you, you can be
- Practice mental preparation