

Off the Wall
SUCCESS!



Brain Food. Eat it up!



*Build communities of outstanding citizens and scholars
through challenge, support and example.*

UNI Residence Education Mission



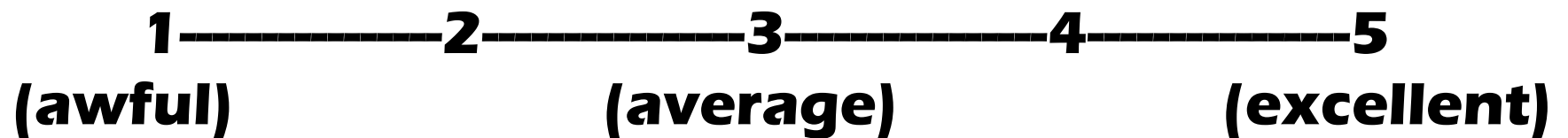
Time

Management

**Based on materials from College at Home:
<http://www.collegeathome.com/blog/2008/05/21/57-time-management-hacks-for-college-students/>**

***What's the gap between
where you are and
where you want to be with...***

Personal Time?



Use fun things as motivators.



There's nothing that works as motivation to get things done like the promise of doing something fun once it's completed. Use this to your advantage to speed up your work.

Make time for things you enjoy.

It's important to make time for the things you enjoy doing amidst all your school assignments. Ensure that you're scheduling in enough time for fun so you won't get burnt out.

Allow time for clubs, sports, activities.



If you're the type of person that loves to participate in clubs or sporting activities, limit the amount of hours you take so that you'll have enough time to enjoy playing and bonding with other students.

Take care of yourself.

Having too many classes on your plate can sometimes mean that you don't have enough food on it. Make sure you are eating well and that you are making time to stay healthy even when you're super busy. Otherwise you could end up sick.



Learn to say no.

Perhaps one of the most important things in time management is learning to say no, even to things you enjoy doing. Sometimes turning down friends' invitations is an integral part of making your life easier, however hard it may be to do.

"No."

Don't schedule out sleep.

Sleep is incredibly important, and if you're not getting enough, your grades could start to suffer. Always make sure to schedule yourself an adequate amount of time each night to rest and recuperate.



Leave time for yourself.



While hanging out with friends is fun, sometimes you just need to set aside time for doing things that you like to do alone.

All your time is important. Balance!



The time you spend doing assignments is no more important than the time you spend relaxing and being with friends. Understand that your life has to maintain a balance, and schedule your time accordingly.



Set boundaries.

Don't let your schoolwork overtake your life. Set some guidelines as to how much time you'll dedicate to work each day and how much time you'll dedicate to enjoying yourself. This will help you to maintain more of a balanced life and keep you from getting too burnt out with school.

Sign Here!

**if you got at least one good tip or reminder from this
bulletin board...**