

FALL 2020

TIME MANAGEMENT & FINDING BALANCE



BRISTOL
STUDENT
SENATE



**TIME MANAGEMENT IS ONE OF
THE BIGGEST STRUGGLES FOR
COLLEGE STUDENTS**

**THINK
ABOUT
EVERYTHING
YOU DO
IN A WEEK**

CLASSES
HOMEWORK
TRAVEL
FAMILY
CHILDCARE
WORK
FITNESS
NAPS
SELF-HELP
VIDEO GAMES
SHOWERS
FRIENDS
SHOPPING
MEALS
NETFLIX
SLEEP

HOW DO WE FIND TIME
FOR EVERYTHING?
**MAKE EVERY MINUTE
COUNT**

FROM 20 IS NOT THE NEW 30 - MEG JAY

I'm not discounting twentysomething exploration here, but I am discounting exploration that's not supposed to count, which, by the way, is not exploration. That's procrastination. I told Emma to explore work and make it count.

TED



CREATE A SCHEDULE AND STICK TO IT



**MAKE
TIME FOR
YOURSELF**



ROUTINE

**STUDENT & FAMILY
ENGAGEMENT
IS HERE TO HELP**



**SET
YOUR
GOALS**



ADD IN BREAKS



MAKE LISTS



REWARDS

THANK YOU



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