A UMass Amherst Survival Guide: 5 Ways to Manage Your Time

School is finally in full gear and students are getting busier and busier by the day. I’ve found myself already feeling flustered with how much I have to accomplish in one day. (Yes, theater majors have a lot of work too!) College students have to deal with their classes, homework, jobs, extracurriculars, internships, and their social lives. I’ve found myself struggling with my time lately, due to my being a contestant in the upcoming Miss Black and Gold Pageant here at UMass. But I’ve come up with some tips that have helped me manage my time and life a little better.

1. Do homework in between your classes/whenever you have free time.

Some people have classes back to back, but if you’re like me, you may have a couple of breaks during the week. If you’ve found a random two-hour block of time, go find a cozy and quiet spot, and get some homework done! You’ll feel great when you get home and only have half the workload. I like hanging out in the lobby on the second floor of the Integrated Learning Center.

2. Try to do homework before your weekend starts.

This tip can be hard if you have a busy Thursday and Friday, but if you’ve managed to make a schedule with no Friday classes, set that day aside and do some work! I love going straight to the library after my one class that ends at 12 P.M., since I’m already on campus. It helps me get so much done and I don’t fund myself stressing as much on Sunday.

3. Go to the library!

I’ve never seen such a tall library like the one here at UMass. It’s literally amazing. They
have so many different floors suitable for all kinds of students, whether you like studying around people or alone. There are multiple quiet floors where students can focus easily. I love going downstairs to the basement and finding a comfortable beanbag chair. (And yes, I have taken a nap here or there in those comfy beanbag chairs.)

4. Grab and go!

I know college students love to get dinner with friends, but some days you just need to skip socializing and get stuff done. I find that when I go eat with my friends, we end up eating and talking for quite some time, and I miss out on getting work done. Sometimes I like to grab food from Blue Wall and go! I like to eat quickly on my own time, and either head home or head to the library to get work done.

5. Get a good night’s sleep!

It’s easy to go every night with only three hours of sleep as a college student. And yes, we have to get our work done, but this can lead to failure a lot of the time. Try to find at least one night in a week where you give yourself a solid eight hours of sleep. You’ll feel like you can conquer the world!

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Source URL (retrieved on 11/19/2018 - 3:12am):
https://www.honors.umass.edu/blog/svictor/umass-amherst-survival-guide-5-ways-manage-your-time