

Strategies for success

Student instructions

Look at your current and upcoming commitments, including your school workload. Do you have any big projects or exams that may require more time and focus? How do you plan to balance the increased workload with other commitments, while still making time for hobbies and activities you enjoy?

- 1 Select a particular time in the near future that you anticipate to be more challenging to balance. For each relevant commitment on your **Experiences** timeline add a self-management tip (under “What I found challenging”) for yourself. Hints:
 - How will you manage your stress? Will you schedule time to exercise or engage in a hobby you enjoy?
 - How will you stay motivated? What will help you stay focused?
 - How will you manage your time? Are some commitments more flexible than others? What should you prioritize first?
 - How will you work under pressure? Will you breakdown overwhelming large projects into smaller achievable tasks?