

Balancing act

Student instructions

Your ability to balance your school work and other commitments is not easy. When you are able to self-manage your various responsibilities you're more likely to be mentally, physically, and emotionally prepared to learn. But don't worry, these self-management skills, like social, emotional, and resiliency can be developed to help you better manage stress and maintain a positive well-being. Start by identifying how you have managed stress in the past to help you recognize these strategies when work/life balance seems to sway one way.

- 1 In your Xello **About me** profile, add 5-10 recent past and current experiences to your **Experiences** timeline. This could include:
 - **Work** related experiences like job shadowing or summer paid work
 - **Volunteer** experiences like being a peer tutor, community seniors buddy, or active school social committee member
 - Formal **Education** experiences like working towards your high school diploma or taking extra courses.
 - **Life** experiences such as performing at a local event, participating at a robotics competition, succeeding on an outdoor educational trip, completing first aid training, receiving recognition for environmental leadership, passing a graded music exam, or earning a new belt in martial arts.
- 2 For each experience you add include a brief reflection about:
 - What you liked: this could include details about the people you worked with, the goals you reached, or the tasks you completed.
 - What you found challenging: consider times when it was difficult to balance this with other roles. What skills or strategies did you use to be successful? (eg. flexibility, organization, staying focused, self-motivation, and working under pressure).
 - What you learned: capture the skills you practiced and describe how these could be transferred to other experiences.
- 3 Optional: Did you identify any skills within these experiences that you have not yet added to your skills inventory on your Xello profile? If yes, add and rate them.