

Managing Your Life as A Uni Student

Counsellors





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This session aims to

- Explore your experience of change for managing your transition to university life
- Identify your priorities and discuss goal setting strategies
- Explore time and workload management
- Identify ways to manage and reduce stress

Change

- Provides opportunities for personal and professional growth
- Has both negative and positive effects
- Is likely to cause stress
- Sometimes requires a change in your thinking and attitude
- May affect more than just you



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The effects of change





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Ask yourself

- *How might my life be different once I have started my studies?*
- *What sort of lifestyle do I want to create once I commence Uni?*
- *How might these changes affect my wellbeing and relationships?*
- *What compromises will I need to make?*



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Strategies for managing change



Balancing your life as a Uni student

- Know your priorities
- Set goals to reflect your new priorities
- Set up a plan of action
- Manage your time effectively
- Stay motivated



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Know your priorities





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Study: A new priority



- *Add study to your list of commitments*
- *Do you need to reprioritise your activities?*
- *How will you do that?*



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What are your priorities?



In order to make best use of your time, it is important to make sure your priorities are reflected in the time and effort you give to achieving each goal.

Goal setting

Have realistic
expectations
and
don't over commit
yourself.





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Setting up a plan of action





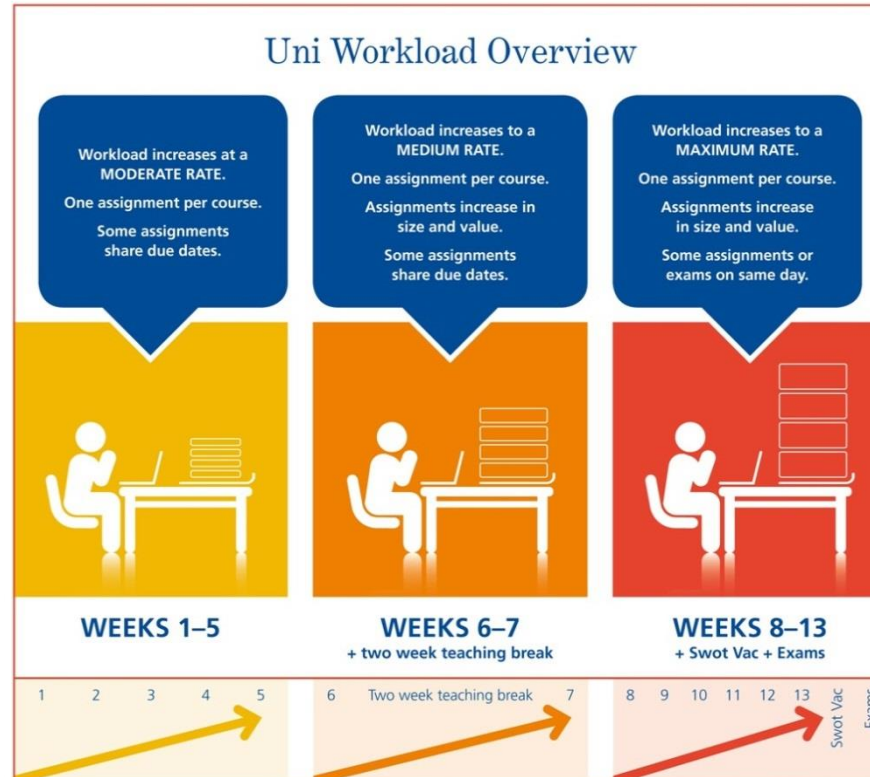
Manage your time

	27	28	29	March 1	2	3	4
Week 1							
Week 2	5	6	7	8	9	10	11
Week 3	12 Adelaide Cup Public Holiday	13	14	15 Course 4 A1 (20%) 1500 words	16 Course 3 A1 (10%) 1000	17	18
Week 4	19 Course 3 A1 (20%) 1500 words	20	21	22	23 Course 1 – A1 1000 words (10%)	24	25
Week 5	26	27	28 Course 2 A1 (30%) 1500 words	29	30	31	April 1
Week 6	2	3	4	5 Course 1 – A2 2000 words (20%)	6 Good Friday Public Holiday	7 Easter Saturday Public Holiday	8 Easter Sunday
Teaching Break	9 Easter Monday Public Holiday	10 Camping Trip	11 Camping Trip	12 Camping Trip	13	14	15
Teaching Break	16	17	18	19	20	21 Tim's Party	22 Grandma's 80th
Week 7	23 Course 2 A2 (30%) 2000 words	24 Course 4 A2 (30%) 2000 words	25 Anzac Day Public Holiday	26 Course 3 A2 (40%) 2000 words	27	28	29
Week 8	30	May 1	2	3	4	5	6 Party
Week 9	7	8	9	10	11	12	13
Week 10	14	15 Course 3 A2 (35%) 2500 words	16	17	18	19	20
Week 11	21	22	23	24	25	26	27
Week 12	28	29	30	31	June 1	2	3 Party
Week 13	4	5 Course 1 – A3 2500 words (35%)	6 Course 3 A3 40% 2500 words	7	8 Course 2 A3 (40%) 2500 words	9	10

Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8							
8-9							
9-10	CIT (L) GP1.09	CIT (P) GP1.09	TC(S) J1.05	TC (T) R1.45	IEE (L) F1.25		
10-11							
11-12	IEE (P) SCT1-28	CIT (L) GP1.09	TC (L) GP1.09		PIJ (L) GP1.09		
12-1							
1-2							
2-3		PIJ (T) GP2.38			PIJ (P) GP1.02		
3-4							
4-5		PIJ (L) GP1.09		PIJ (L) GP1.09			
5-6							
6-7							
7-8							
8-9							

Workload Overview



Stress management

I've gotta cut back on the caffeine



Tips to stay motivated

- Set and focus on your goals
- Make study a priority
- Maintain a healthy life/study balance
- Reward self-discipline and effort

Useful resources

- Student lifestyle – creating a balance
<http://w3.unisa.edu.au/counsellingservices/balance/lifestyle.asp>
- L3 Services
<http://www.unisa.edu.au/L3>
- Study planners
<http://w3.unisa.edu.au/languageandlearning/resources/planners.asp>

Don't bury your head in the Sand!

If you don't know just ASK...



Success is not final

Failure is not fatal

It is the courage to continue that counts

Winston Churchill