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STUDENTS BALANCING SCHOOL & EXTRA ACTIVITIES

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Class, practice, then homework on repeat for 10 months a year. Being a student can be a lot to handle. Students have to balance schoolwork, sports, clubs, family, friends, and other responsibilities. Sometimes it can feel like there are not enough hours in the day. Even though balancing everything can be difficult, it teaches students important skills that can help them throughout their lives. School often represents the main obligation of a student's life. Between assignments, projects, tests, and studies, school can absorb a major part of one's day. Students engaged in sports or other extracurricular activities have to find out how to effectively balance their time. A great method to accomplish that would be by creating a schedule. Students can note down the due dates of assignments, practice hours, and times of their meetings or events. Natalia Lara '27 a student athlete at Marian "I just keep track of assignments I have to do, meetings I have to attend, and practice I have to go to after school". This way, they can remain organized and avoid forgetting significant tasks.

One should not forget in reality the students productivity drops if their work load gets too demanding or they run into burnout. By getting enough rest, hanging out with friends and family, and doing activities which you just enjoy doing, can all help relieve your stress. Lara also shared, "If I ever feel overwhelmed, I just put everything aside and listen to music or take a little walk." You will have a much better chance of handling a problem if you're at least a little rested. A break just means that someone is being productive or that a person can take a small rest.

Miss D' Antonio shares the advice of , "Just have fun with it. Make study group chats and go do homework at Panera with your friends. Romanticize the mundane things so that you enjoy them more. Do read that book for your AP class under a tree at a park. Things like that. Just have fun with it." It is quite challenging to juggle school, sports, and other activities at the same time.

Miss Emily D'Antonio who is a teacher and coach at Marian explains. "Something I've been implementing more recently is monthly or weekly calendars. I post these to our Google Classroom stream so they can see what's coming up in the week and what all has been accomplished each week".

Sports can also be hard for students who have to manage school. Practices and games can take a lot of time, and a student may get home very tired only to find that they still have homework to do. Being on a team gives them a chance to understand the value of working together, being dedicated, and setting goals. Natalia '27 shared "I think it makes it a bit harder to do schoolwork because I do other sports outside of school and sometimes I have practice that I have to go after my practice within the school. I also get home late, some nights, so I have no energy to do my homework, but I get it done somehow." Sports teach young athletes that there are times when they will be exhausted and still need to accomplish their tasks. Team sports show students how important it is to rely on their teammates and be reliable themselves at the same time.

In addition to all of that, it's a major part of balancing life by giving oneself time off. There's often a tendency on the part of the students that they must be working nonstop. Natalia proclaims "It's hard sometimes hard to find enough free time because practice, games, meets and schoolwork can take up most of my day."



Natalia Lara at her Cross Country Meet

Photo Taken by: Stella Mueller '28

You need to plan, organize, and be responsible. Of course, students will have very busy days, and occasionally feel overwhelmed. Still, getting time management skills from student life will ease things a lot. Managing different roles and responsibilities is a very useful skill that students get from their time in school, and one that will also benefit their independence, preparation towards going to university, choosing their career and just their life in general.