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Keeping Your Train of Thought on Track

In our age of technology, I often find myself distracted by my phone and laptop when I work. Sometimes it's youtube, sometimes it's Tik Tok, and other times it's music. With entertainment so readily available, the battle against distraction has become increasingly difficult. As a College student and an avid internet user, It's hard to choose the productive thing to do. I've gotten into the swing of things after being at UC Davis for about three quarters with schedules and reminders and would like to highlight the importance of orderly focus. To stay focused, you need to develop a written schedule that includes time for personal enjoyment as well as time for productivity.

Before you can create a balance of work and play, you need to create a schedule first. This might be common advice for you but it is truly something crucial for your time management skill. You have to be sure that your schedule entails your daily activities, like when you eat and when watch your lectures. Especially as students, routine building is really important because our weeks often follow similar schedules so creating a plan for all of them will improve your health and productivity. This is backed up by doctors as well, according to Northwestern Medicine, the benefits of a routine are better stress levels, better sleep, and better health (Northwestern Medicine® and Northwestern Memorial HealthCare). As many of us know, the average students is stressed and sleep-deprived constantly. Creating a plan allows us to allot the appropriate amount of time for sleep and work to make sure we sleep eight hours a night and

don't fall behind on our homework. It is also important to keep your schedule on either a scheduling app or on paper to ensure to help with the process of solidifying it into your routine. Having the schedule will allow you to focus on one thing at a time and complete each task efficiently.

So you have your schedule in front of you but it's blank, what do you put in it? Make sure to equate enough time for things that you personally enjoy. Life as a student is stressful and hectic but that doesn't mean that there isn't any time to have fun and play a sport or video game. In fact, its crucial that you do those things in between all of your work to make sure you don't get burned out. Allotting some time to spend with your friends, and games, and yourself allow you to maintain your academics while also maintaining your relationships with others (John Hopkins University). None of us want to be stressed and lonely, allowing ourselves some enjoyment with others is important, so don't forget that when you create your schedule. Once you find a balance between the work and the play, you'll find that you're becoming more efficient in the work and find more enjoyment in the play.

Unfortunately, we all have to do some work in our lives and can't spend our entire day how we want to, especially students, but that doesn't mean that we can't enjoy our lives. The day is long and our focus is tossed around everywhere, but creating a schedule allows us to focus on just one thing at a time and lets us do it better and faster. All of the scheduling and application of it is easier said than done but when you finally build a routine, you'll be grateful for it. To any students reading this, keep your focus on one thing at a time and your life balanced and you'll be done with school in no time.

Works Cited

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