As the semester kicks into full gear, essays, tests, homework all seem to descend on you in this mad frenzy that is college. It’s already so stressful and tough with just school and then you add in a job, you realize how little time you truly. You start regretting that hour you spent relaxing two days ago or those thirty minutes or if you’re me an hour (it happens to the best of us) on social media. As a write this I have an exam tomorrow and an essay for which I should probably have started studying way earlier. When you go to class 16 hours a week, work 9 hours outside class, and spend 3 hours at extracurricular activities, there’s not much time left for studying and even less time for socializing.
As a sophomore at Vanderbilt, it can be hard to transition from the Commons, a truly immersive first year experience where all your friends live at the most 3 minutes away, to main campus where everyone is separated across the sprawling 333 acres of Vanderbilt’s campus. The novelty and euphoria of freshman year have faded and now you’re left with the reality of college. Instead of spending weeknights talking with friends til 1 am you wonder how on earth that was possible as you frantically attempt to finish your homework before that time. The boundless energy you had is gone, now replaced by cynicism and constant sleepiness. However, not everything is lost, you learn who are your real friends and you can now explore your passions more in depth. You know what to expect with academics and work. You are now the one guiding confused freshmen across the maze that is stevenson. I now have google calendered my life (do it!) and in my experience, it is incredibly helpful.
It allows me to see all my upcoming assignments and figure out when I need to get my life together. I also schedule lunch and dinner dates with friends because who doesn’t need to eat? Also, I think it’s important to know your limits - for me there’s only so much time I can study. Schedule out breaks for socializing/relaxing so you don’t burn out and maintain max efficiency. It’s hard but it will get better as you find your ideal balance.