Life

THE HUSKY GUIDE TO NOT LOSING YOUR MIND (OR YOUR SCHEDULE)



Student sleeps in bed. Having a consistent sleep schedule is extremely beneficial.

PHOTO COURTESY OF FREERANGE STOCK

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We all know the feeling when 24 hours just doesn't seem like enough time in the day to get all your tasks done. Whether it be piling schoolwork, club meetings or just wanting a social life, it feels like time is running short and we're all in a sprint to catch up.

There must be a way to manage that feeling, right?

Here are some of my best tips to get over some of that time anxiety and make the most of your 24 hours every day, even in the busiest exam seasons and when you feel like you can't catch a break.

Start with Sleep and Food

It sounds almost too simple, but the foundation of every productive and happy day starts long before your first task of the day. Skipping sleep to cram for an exam is okay sometimes, but doing that, alongside running on nothing but coffee and a granola bar, will catch up to you fast. Whether you're sleep deprived or underfed, your brain works slower, your mood dips and tasks that you could normally get done in twenty minutes take hours. Treat sleep and meals as non-negotiables on your schedule and DON'T procrastinate them. A solid seven to eight hours and three meals a day will mean everything else you do in the day will be more efficient, which will save you time in the long run.

Build a Calendar System That Works

Whether you like Google Calendar, a whiteboard calendar, a planner or even just a sticky note, it is crucial to have a central place where everything lives. Between classes, clubs, work and social events, it's easy for something to slip through the cracks, but a good calendar system can help make sure that doesn't happen. Color code by category so you can see your week at a glance, set reminders for things that matter and block out time for studying, moving your body and a well-deserved scroll on TikTok. A calendar isn't just for remembering where to be; it's a tool to optimize all the time in the day and still get to do the things you love.

Learn To Prioritize What Matters to You

A hard lesson most will learn in college is that your priorities might not be the same as everyone around you and that's okay. Not everything on your to-do list deserves the same amount of energy. Part of managing time well is being honest about what matters to YOU, whether it's your GPA, a leadership role, friendships or your mental wellbeing. When your schedule gets tight, having a clear view of your priorities makes decisions easier. If you know academics come first, it's easier to skip a not-as-important social event during finals week without guilt. If your club is genuinely important to you, you will find the time for it even when things get busy. Try ranking your commitments at the start of each semester so that when conflicts come up, you know where you want to put most of your energy.

Four Rapid Fire Tips:

Time-block your study sessions. Instead of vaguely "studying tonight," assign specific subjects and homework to specific hours. It keeps you from taking time away to decide what to do next.

Use the buffer rule. Add 15-30 minutes of cushion between commitments, especially if you're walking through campus, to eliminate small delays and give you time to get a snack, use the bathroom or say hi to a friend.

Do a weekly reset. Spend 15-30 minutes on Sunday planning your week. Catching your packed Wednesday on Sunday gives you time to prepare, prioritize and reschedule. Catching it Wednesday morning leaves you stressed.

Say no strategically. You don't have to attend every event or hangout. Protecting your time is part of managing it.

College life here in Storrs moves fast, but time anxiety doesn't have to be a permanent state. Taking care of your body, organizing your commitments visibly and learning what matters most to you won't make your to-do list shorter, but it will



Student cheers on basketball team at Toscano Ice Forum. Going to events on campus such as hockey and football games is a great way to balance school and social life.

PHOTO BY NORA MARIANO, STAFF PHOTOGRAPHER/THE DAILY CAMPUS

SUBOG Weekly Events:

September 13th - September 20th

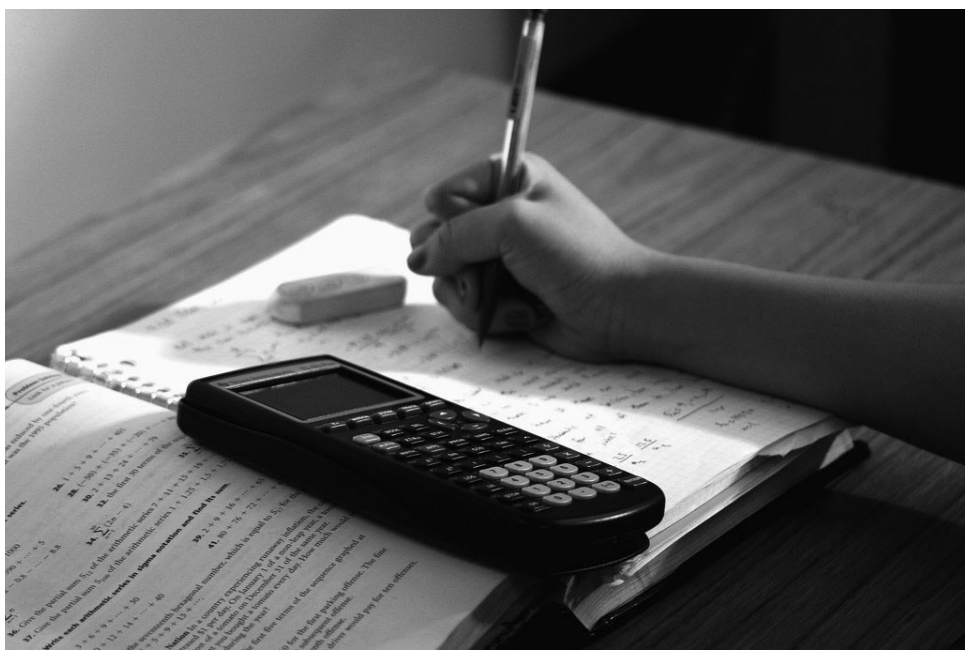
Giants vs Cowboys Travel Trip – Details located on our Instagram

Suicide Prevention Week – A Talk with Chamique Holdsclaw – 7 pm – 8pm in SU Theatre

Dive Into SUBOG – 2 pm – 5pm – SU Mall

Six Flags Travel Trip – Details located on our Instagram

Any questions? Email subog@uconn.edu and check out @subogatuconn on Instagram for updates on our events!



Student studies and tries to focus on their goals. Avoiding procrastination and prioritizing the right things at UConn can lead to a balance optimal for mental health and happiness across campus.

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