

As students, most of us aim to achieve a high cumulative grade point average (CGPA). Some of us also have passion in other activities such as swimming and badminton. For us to achieve a high CGPA and at the same time, continue participation in these activities will require us to strike a balance between the two. Listed below are some of the pros and cons of balancing between our studies and passion

BALANCING STUDIES AND PASSION EDITION
PROS & CONS OF BALANCING BETWEEN BOTH
TIPS & TRICKS TO MANAGING THEM

STUDIES & PASSION



When we learn to balance between studies and passion, we exercise and improve our self-discipline, focus and time management.



As it is challenging to consistently maintain our commitment despite our busy schedules, we learn perseverance.



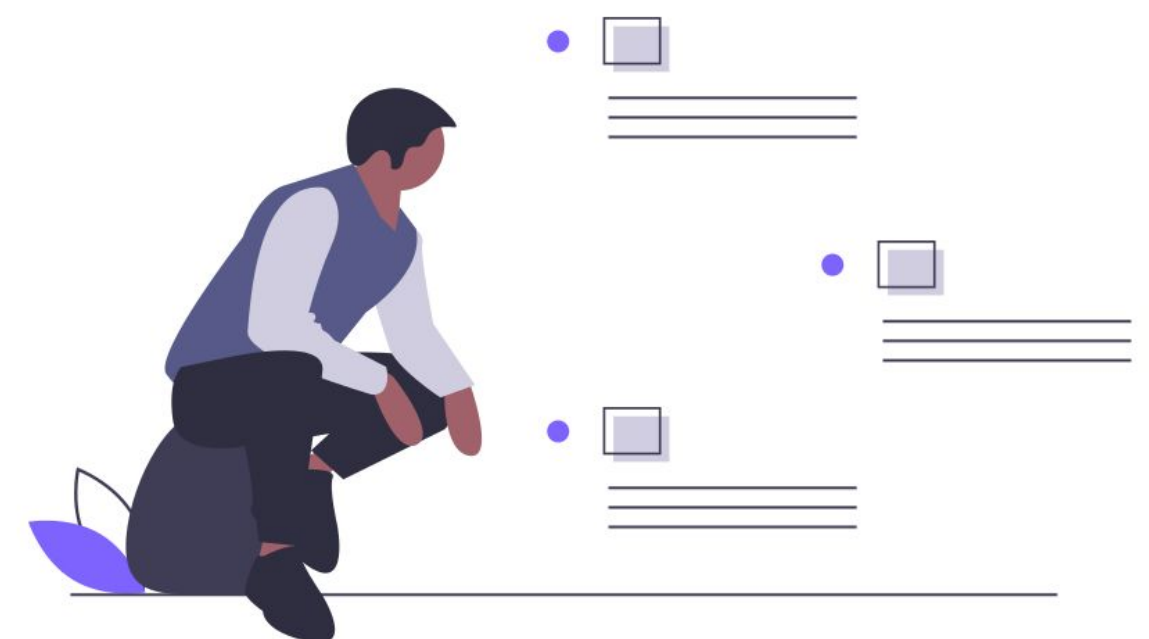
Participation in sports and games activities can improve academic performance. While this may sound baffling, studies have shown that students who participated in activities that they are passionate about have higher grades and academic aspirations, and have more positive attitudes towards school.



On the other hand, activities require a significant amount of time and this may elevate the stress level. As we consistently need to find time for both our studies and passion.



With an elevated stress level, we may feel fatigue and frustration, which in turn, may affect our physical well-being and mental health.



To balance our studies and passion, does not mean that we need to sacrifice one for the other. Here, we hope to offer some advice on how we can continue with activities that we are passionate about while maintaining a good CGPA

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Tip #1 - Time Management

If we receive \$86,400 a day, and it gets replenished each day, we will do everything in our power to spend it, right? Well, we do get 86,400 seconds every day and it is important that we make full use of every second and this requires good time management.

One way to effectively manage our time is to plan a timetable and stick to it. Timetabling allows us to get an overview of how much work we must do and how much time we have. It also forces us to accomplish more by setting mini deadlines. Timetabling also gives us a bird's eye view of tracking our goals.

But how should we go about making a timetable? Apart from the plethora of applications in the app store, we can go about making our own timetable by following these tips from us!

#1 - Always keep our academic goals at the front of our mind.

#2 - Remember to schedule time each week for our study.

#3 - Keep our timetable in a place that we will see or access every day.

#4 - Be consistent with our study and follow our schedule.

#5 - Do not overload ourselves.

#6 - Do remember to schedule downtime to avoid burnout!



Tip #3 – Study Group

While studying with friends may seem to be counter-productive, studies have shown that studying in groups is an effective way of learning.

Firstly, studying in a group allows us to gain a better understanding of the subject as it gives us the opportunity to discuss concepts, review material and exchange views. Secondly, being part of a study group means that we will tend to be more up to date with our assignments and tests, and more well prepared for quizzes. Lastly, we might miss out on lessons due to participation in certain competitions or events related to our passions. We can then seek clarifications from our peers in the study group for the lessons that we had missed.

Tip #2 – Prioritise

With only 24 hours in a day, we need to prioritise in order to strike a balance in both studies and passion. This allows us to increase productivity and makes us more efficient at our day-to-day tasks. It also prevents us from getting distracted in finishing our tasks. While prioritising our tasks may seem like a daunting task, do not worry as we have more tips to share.

With a list of tasks at hand, we can decide to adhere to the 3 D's:

Do. This involves completing any task that will take less than two minutes.

Delete. This means removing any task that we do not really need to do. Things that are worth deleting include tasks that have been on our list for a very long time and we have not got around to doing them, or things that provide little value compared to the effort needed to complete them.

Defer. Now that we are done doing and deleting tasks, all we have left are the deferred tasks that we can start prioritising. One method to do this is to take all our tasks and assign each a priority based on the matrix shown below:

	URGENT	NOT URGENT
IMPORTANT	<i>Quadrant I:</i> Urgent & Important	<i>Quadrant II:</i> Not Urgent & Important
NOT IMPORTANT	<i>Quadrant III:</i> Urgent & Not Important	<i>Quadrant IV:</i> Not Urgent & Not Important

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Short Interviews with Students on Studies x Passion

How do you manage both your studies and the Interest Group?

As I am managing an internship, our interest group and a community engagement project, a lot of time is needed for these activities and it is tough, especially with multiple deadlines or clashes in schedule. I cope by having my own me-time when traveling to different places to plan what I need to do, and occasionally spending time on hobbies and meeting friends to catch up!

Would you like to share with others who are struggling to cope with both studies and passion?

Find someone that you are comfortable with to discuss your troubles and problems that you face. Very importantly, it also comes down to your "why". To be able to continue doing something tough for an extended period, you need to establish your purpose for doing it, and understand exactly what is the thing that made you start on this journey and keep you going even when odds are against you.

Kah Seng, Vice Captain of Swimming and Supply Chain Management Student



How do you manage both your studies and the Interest Group?

I plan my schedule in advance so that I can prioritise what is important to me. I am also glad to have friends who are understanding as they set aside time for me when I am free. During the Singapore University Games, I planned my assignments beforehand; hence I was able to overcome the stress of doing assignments, especially during the ECA submission period.

Would you like to share with others who are struggling to cope with both studies and passion?

Keep track of quizzes and assignments and start early! Give yourself ample time so that you will not feel overwhelmed and stressed out, especially if you are taking several courses in a semester. Paying attention during lesson time is especially important as this can save you a lot of time when revising or trying to recall what the lecturer had said.

Metis, Captain of Women's Badminton and Sports and Physical Education Student



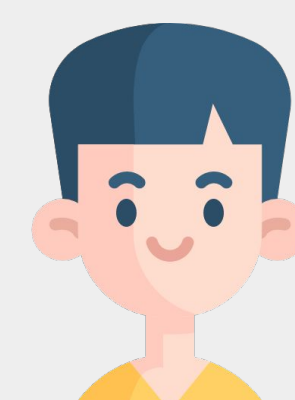
How do you manage both your studies and the Interest Group?

It is crucial to plan my schedules early so that assignments can be completed in time and there is no need to rush. It was difficult to cope with both in the beginning, however, with the support of my friends and family members I was able to adopt a habit of planning a weekly to-do list. This helps me to meet the objective of what needs to be done.

Would you like to share with others who are struggling to cope with both studies and passion?

It is important to plan and have good time management, especially during exam periods. If it is too overwhelming, take a step back and seek help from friends or a mentor from SUSS. If you believe that you are doing what you are passionate about, then the struggle you are in today is developing the strength you need for tomorrow.

Colin, Captain of Squash and Business Analytics Student



PREPARED BY

Celine Kong Yee Yen | Colin Giam Zhen Rong | Joshua Lim Zheng Jie