

Finding Balance

Academic and Social Life in College: How to Find Balance

By Paige Platt, Staff Writer

Finding that perfect work-life balance can be a struggle for college students; when assignments are piling up and campus events are happening, it can feel overwhelming.

Managing the social aspect of college, on top of juggling classes, homework, and extracurriculars, may come as a struggle for some students. Some students may lack in allocating time management to where they can balance these stressors and avoid overlap.

“Throughout the week I try to do anything academics first and then worry about my social life after.” Said Eliana Nunez junior at Lynn University “Although if there is a moment where I need a break in between the day, I will hangout with my boyfriend or call a friend. I try to create an equal balance, but I know academics come first.”

One common experience in college students is “FOMO” or “Fear of Missing Out.” This can especially happen when students try to balance academics and their social lives. Most of the time, FOMO can lead to students overcommitting to social events and falling behind in academics for fear of missing out on a good time.

“I prioritize work, school, and social life by having a weekly schedule,” said Niko Hernandez senior at Lynn University. “I usually go to work before class, then after class I’ll go to my dorm, finish my homework and then have the rest of the night to either workout or play basketball.”

It is essential to find the best strategies that work for you to achieve the balance between academics and social life. It is helpful to set priorities for yourself and determine what is most important and what will have the best outcome.

“I think it is good to have a social life and it is good to be involved on campus.” Said Dr. Erika Grodzki Professor at Lynn University “If you have the ability to do many things I think that you should, however school comes first and if it is not possible for you to do seven different activities you have to come to the realization of what you can handle yourself.”

Maintaining a social life while also maintaining academics is essential, as friendships and extracurricular activities will keep you relaxed and destressed during your time on campus. Figuring out the proper way to manage these two lifestyles is what is most important.