

## How to Balance Academics and Extracurricular Activities: Self-Care Tips from Student Leaders

In this time of the pandemic, student leaders are challenged to balance their academic performance and their commitment to their respective organizations. This can be emotionally draining and, sometimes, student leaders become burned out due to all the pressure. Small acts of self-care can have a significant impact on their academic and personal lives.

Here are 3 methods that DLSU-D Student Leaders practice to alleviate the stress:



### Create a to-do list

One of the most important tools in academics and extracurricular balance is the to-do list. By keeping a to-do list, all your tasks are organized in one clean document. This helps you focus on the most important task and consider the time allotted in doing the task. Student leaders Nicole Calinap (President, Teatro Lasalliana), Michaella Tamonan (President, Visual and Performing Arts Production Unit), Czarina Cledera (President, La Salle Filipiniana Dance Company), and Kathleen Mae Aquino (President, Lasallian Pointes n' Flexes Dance Company) share how a to-do list helps them stay focused and productive.

Nicole shares how creating a to-do list helps her keep up with her busy schedule, "By setting myself targets it helps organize and structure my time. I usually work according to a timetable. I do my weekday work and weekend work. This helps me finish my work without wasting time."

"I would arrange it by date and by how high the priority the task is so that I would be able to finish the urgent ones. I would also mark my calendars and create alarms for my meetings in my organization so that I would not miss out on anything," Michaella adds.

"I develop my schedule, then prioritize the most important things to the least, and will only pick the one that is worth it and will make me a better person at the same time," Czarina adds.

Get your planner or organizers, know your goals, know your priorities, work hard for it, be passionate about it", Kathleen encourages. Having a to-do list orients your brain in the task at hand, creates order in your hectic life, and relieves stress because it breaks down a task into bite-sized and doable chunks. The big tasks do not seem daunting anymore, and you can achieve your goal by focusing on one task at a time.



### Unplug from technology

With the pandemic, your gadgets have practically become an extension of yourselves. Constantly glued to screens for online classes, social connection, student activities, and more have become regular activities of a student. Taking regular breaks from using your gadgets is also helpful for your mind and body. "When I am burned out, I let myself relax for a whole day, not even daring to check my laptop or SchoolBook. My reason for this is that I don't want to allow myself to perform in a condition where I won't be presenting to the best of my abilities," says Adrian Daniel Joshua P. Santos (President, Lasallian Pop Band). Unplugging from technology allows you to recharge your body and reboot your brain. This helps you slow down, and just be present at the moment.



### Connect with people

The need to connect with people has become more prominent with social distancing measures because of the pandemic. Maintain good relationships with others will help you have a positive outlook in life despite the pandemic. Student leaders Mark Charlie Reynoso (President, DLSU-D Symphonic Band) and David Troy S. Payumo (President, DLSU-D Chorale) believe that good connection with people impacts their lives positively, and how good connections can be maintained.

"It tends to make me panic and those are the times when I am the least productive. My mind cannot properly function how it is supposed to be. Malaking tulong din kapag may kasama ako sa mga gawain. Classmates or kasamahan sa organization," explains Mark.

On the other hand, David explains "As the president of De La Salle University – Dasmariñas Chorale, we, the current executive board agreed on conducting lessened productions because we understand how difficult it is for each member. We implemented new rules and regulations that are fair for everyone in the organization and we are doing great so far." Understanding the pressure that fellow organization members are going through also helps in nurturing camaraderie among members of the organization.

Small self-care actions can help you be more productive and less stressed and anxious which will benefit your studies and extracurricular activities. Take it from these student leaders who are not only surviving but thriving in this time of the pandemic.

