

Coping with College Series

Just Wasting Time

By Sandra Lazzara-Peer Counselor

I know you all are tired of hearing about time management. I am too- but it's about that time of year again. Midterms are over and Spring Break went by way too fast for most of us. We've been flooded with tests, research papers, portfolios- you name it, and someone has assigned it. As spring finally arrives and the weather warms up, we begin to think that now would be a wonderful time to rest and relax before finals week is upon us. That's just it, before you know it finals week will be here.

Dave Matthews Band puts it best when they say, "Wasting time, let the hours roll by doing nothing for the fun..." This is the truth- most of us procrastinate and when we think about what we did all day, we can't say that we really did anything.

There are some things we can do to stay focused and use our time more efficiently. If you lose track of time and took an extended Spring Break, the week before finals might seem too much to bear. Have you ever wasted a whole day just sitting on the couch, eating chips, and watching TV? We all have, but then we sit there and waste more time by feeling guilty about what we did or didn't do. So why not try a new approach? Here are just a few time management tips that you might find helpful. I know we all have been lectured on the importance of using our time wisely. The first step in accomplishing this is to realize the importance of tracking our time. Just as a budget or spending plan assists us in tracking where and how we spend our money, a time management plan assists us in tracking our time. A budget allows us to "stretch a dollar" and a time schedule can help us to use our time more efficiently.

Be aware that there are three major types of time wasters. The first one is external. These are the never-ending phone calls from our friends, partner, or parents. The second one is the internal waster. We all have those days where motivation is lost. We can spend hours looking for it, but we just don't want to do anything. The last time waster is known as uncontrollable. These are the family emergencies or sicknesses that just randomly appear. Time management is a skill, and like any skill it can only improve with practice. We have to learn to avoid these time wasters. By avoiding time wasters, we also avoid guilt. We all have gone out for a night out when we know we should be home studying for a huge exam, or writing that English paper for the second time. By using our time appropriately during the day, we can reduce the feelings of guilt when we are out being social.

Ferris Bueller once said, "Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it." That's the point- we are all in college and want and should have fun- but once you have "looked around for awhile," get back to reality- STUDY!