

I choose to make the most of my time

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As of today, there are exactly 49 days left until the beginning of finals week. If you break that down further, you will find that you have 1,176 hours left until the end of the semester. That sounds like quite a bit of time and yet, later this semester, almost like clockwork, students will be frantically scrambling about, attempting to complete papers, projects, and pulling their hair out in last minute cram sessions.

How do you plan to spend your remaining 1,176? It may sound like a lot of time, but it can also easily slip through one's fingers and be squandered fruitlessly. The common ailments of beeritis and weekend myopia often hinder one's ability to set long-term goals and effectively manage his or her time. College students are recognized as taking their social (and drinking) obligations quite seriously, but is that the only reason you're here?

You have 1,176 hours until finals. Do you want the rest of this semester to be a blur during which you bumble your way through one moment to the next, relying upon others for guidance and seeking refuge from reality by escaping through the internet, television, alcohol, or drugs? Is that how you plan on living your life? Not to be Ms. Negativity, but those aren't exactly what future employers view as transferable skills.

The key to success is not having oodles of time. It's about using the time you do have wisely. It helps to be aware of who you are and the roles you fulfill – as a daughter or son, boyfriend or girlfriend, brother or sister, friend, student, athlete, musician, artist, activist, employee, etc. You are a lot of things to many different people, but who are you

to yourself? What are the things that are most important to you? What is your unique contribution to society? Where do you want to go in life?

You have 1,176 hours to study, learn, and imbibe yourself with golden nuggets of knowledge. Do you think that's enough time? Nah, probably not. Procrastination is a wonderful thing, isn't it? You don't do things you don't want to, but you don't sleep well either. You're also panged with feelings of guilt for wasting your college education and your feelings of worth and confidence plummet faster than your grade in calculus. The irony is that life is full of less than glamorous tasks and duties. But by doing them, we actually feel better than when we avoid them and put them off. Delaying gratification is one of the most expeditious routes to effective time management. With some planning and a willingness to do the difficult, the boring, and the unpleasant things first, you'll have time for a little socializing and recreational play each and every day (without the guilt). Well, you probably have about 1,175 hours left now, what are you planning?

“Dost thou love life? Then do not squander time, for time is the stuff life is made of.”

Benjamin Franklin