

How to balance academics and social life



Set your priorities right. As a student, your priority is to study and most of your time should be allocated to studying or research.

Study smart, not hard. Set a time slot for study/assignment and take breaks in between. Studying for a long period of time may cause your brain to become tired easily. If your body doesn't need rest, your brain needs to.

Maintain a regular sleep schedule. An average adult needs at least 6-8 hours of sleep every night. Lack of sleep disrupts your brain functionality and may affect your academic performance.



Maintain a good diet. Avoid too much fast food and instant food although they are cheap and save time. They deteriorate your body in the long run and you get sick easily.



Meet people. Connecting with people is also part of university life. A healthy social life relaxes your mind from the studies and assignments. However, your social life shouldn't constitute a big portion of your time.

Take part in a club or society. This is a great way to meet new friends and improve your lifestyle.

Write a timetable. Designate times for study and socialising. Having a timetable manages your time effectively.



Combine studying and social. Create a study group and study with your friends. Having a study buddy makes studying more fun and you feel less bored.