How do you maintain school-work-life balance?

Name

Institution

**Introduction**

This assignment will attempt to enlighten the significance of balance between different social obligations. It is important to note that it is all about the magnitude of motivation, ability, type of personality and the nature reinforcement being received from the environment. Student-work-life imbalance is potent enough to create mental distress, exhaustion, frustration, aggression, poor social skills, and loneliness, which not only affects mental health but also takes a serious toll on physical health.

**Social Animal and his Obvious Social Roles**

Being social animals, number of social roles are expected to perform by individuals e.g., a responsible parent, brilliant teacher, thriving student, successful working employee and productive member of community. It is quite important and equally challenging for individual to maintain balance between his diverse social roles. It can be difficult in many ways:

1. If individual is highly motivated to study or work
2. If he has conscientiousness by personality and sets more challenging goals
3. If his environment demands him to become study or workaholic or it is the source of positive reinforcement for him.
4. If he possess both interest, ability and aptitude for performing certain task

**Ways to Manage School-Work-life Balance**

For academic success, it is important to work hard. We take less time to struggle when we are intrinsically motivated and intellectually able to accomplish tasks with less processing time. Problem arises when either we lack motivation or ability; time is the hardest fuel that student uses to capture fortune. The basic concern that an employee finds is “time management” due to which it becomes laborious for him to perform good both as a student and as an employee. Following ways address related issues:

1. Retrospection and estimation of internal strengths and resources. It enables to estimate the extent of effort that we are supposed to serve.
2. Set realistic goals after retrospection and analyze available resources to accomplish them readily
3. Keep diary to maintain the record of important events with time estimation
4. Choose job that suits your academic schedule
5. Try deep breathing relaxation and meditation for stress management
6. Keep a strict eye on your job satisfaction; if you are burnt out, leaving job is the good option
7. Try to bind yourself within context specific limits both in work and academics. Remember, it is good to demonstrate average performance on both aspects rather than showing worst or highly commendable in either of them.