

How to Balance School and Work

Having a balanced life during high school is tough, but many students do it every single school year. Finding responsibility, valuable experience, and getting a steady source of income are all reasons students will benefit from getting a part time job. Although it may seem a bit daunting to do during the school year, with the right planning and dedication, it can be done. Finding a good balance between the two, on top of other activities that are out of school, is the key to living a life that keeps stress to a minimum.

Planning is the first step to finding success when fitting a job into the school routine for students. First start out setting goals and planning effectively for both school and work, and figure out the time requirements for each. Crafting a weekly schedule that includes the work shifts, along with school, homework, and other activities is a good start. Figure out the top priorities and make sure to make time for everything accordingly. Staying organized with clear plans is important when living this busy lifestyle.

Making sure to communicate well with teachers, employers, and family members is another important part of finding success in balancing school and work. Be sure to inform parents, teachers, and employers about availability during the week and what is going on in your schedule so that they can also plan accordingly, especially your employers who can change around your shifts with flexibility. Most employers will understand the struggles of being in school on top of having a job, and are willing to work around the schedule that students give them. Teachers may also be more lenient about due dates and deadlines if students inform them about their busy schedule at work. Open communication is a pillar of success when it comes to the balance of the two.

Managing and optimizing the time that students are given is yet another important part of finding balance between work life and school life.

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1 August 2023

Making sure to use time effectively and not waste time is very important. Find lunch breaks and other time gaps to review class material or study whatever need be. Try to avoid procrastination and spending long periods of time on social media or video games, especially when there is school work or other commitments that need to be finished in a timely manner.

Lastly, using support networks and taking care of your own health both mentally and physically should be at the top of the priority list. Just because students need to balance a job and school does not always mean they have to do these things alone and not share their struggles. Always making sure to prioritize self-care and happiness along with regular exercise, eating a balanced diet, and sleeping well are things that should always be met first, before putting more things on the plate. Find time to rest, relax, and recharge. Never be afraid to open up to classmates, family members, and other members of support groups about the struggles of a busy schedule.