

We're going to talk about balancing family work and academics. Okay? Before I start this, I want to tell you, I'm not. For some people, there is no answer. That's going to be perfect because for some of the folks, you are doing way too much. Okay. For some of you, hopefully there is something you can learn from this that will help you. When I talk to Marvin and we talked about doing this presentation, is because we've met some people that were doing a tremendous amount of work. Both personally, they had responsibility outside and academic responsibility that made it extremely hard. So, we thought we'd talk about this. Okay. So, now I have to figure out how to advance this, Marvin. That's how you do. Here's my question to you. And I put this rock, how many people feel when they're having all their responsibilities they have, feel like this sculpture right in front of on the screen. Does anybody feel like their life is like this sculpture? Yes. Every day. What are you all doing? So, here's my question. What is your response-, What are you doing? What are your responsibilities? The responsibilities for, for what? What are you responsible for in your life? What are you managing? Definitely, academics is one of them. What else? I babysit. So, I have to pick kids up from school and watch them. Do my own schoolwork. Are you babysitting, you're working, or family members or? It's people that I've known for quite a while. And so, I've been babysitting for them over the past few years and then once Covid hit, it kind of turned into me helping them with their schoolwork, so, it's a lot. Okay. So, you're helping the kids with their schoolwork. Okay, who else, what else are you doing? I have my son, and he's 4 months, and I'm a leasing consultant, where I work at. That's why my phone kept cutting out because I was on property and people call with so many problems. So, you are a mother of a four-month-old baby. Yes ma'am. Are you getting sleep at night? Hmm, yes king of. Okay. And you're also working? Mhmm. Okay. Anyone else? What else are you doing? Well, I try to, go ahead Ethan. Well I was going to say I try to take care of my grandparents as much as I can. Okay. They're getting old and I feel like it's my responsibility to do so. Nice. How much time are you spending taking care of your grandparents? I try to go every two weeks. But since there, they've been, well this week they get exposed to Covid. Okay. I don't know when. Do you work? I do not I do know I'm self-employed. Self-employed? Well, that's working you self-employed. Well I'm not full-time. Okay. Anyone else want to share what you're doing? Okay. Folks, if your life looks like this, how much stress are you experiencing? That's a tremendous amount of stress, to balance, something like that. Okay. And so, one of the things, it's a very stressful way to be and when your stressed you cannot, the mental energy that it takes to do your academic work, it is not always there. Okay, so what I do, and we do recognize that we have a number of students who are going around our campus with this kind of load, okay? And trying to balance and it's tough. Okay. So, one of the things we've seen with people and some of you said it and some of you have not. I have individuals who are working. Some of them are working almost full time. They will have children. They are parents. So, we have some individuals who are parents working, taking full-time classes. We've had, I've had individuals who are the primary caretakers of their siblings. Some of them you have friend's romantic partner. Oh, and by the way, if you are dating and dating is absolutely wonderful. But you if you are spending time with that person, that is also another activity. Okay. In addition to doing homework One of the individuals I worked with years ago, was an individual who was coming to classes, was also financially responsible for her family. Okay. In other words, she worked and she sent money home to her mom and her siblings to help take care of things. That's a lot of responsibility. Okay. So, when I say this, I'm trying to cover a variety of situations for folks and with some of these things, again, some of us you will already know. And for some of you, it's going to be sometimes you're going to have to give up one thing or another. Okay, so here let's take a look. One of the first things I want you to do is realize that you cannot do it all. And you cannot do it all perfectly. Okay? So, a lot of people come into college and says, yes, I'll be able

to do it all. But here's the thing. A lot of people forget about college is, you have homework, okay? And sometimes you got to do your homework and you think you're going to go ahead and get it and you start looking at and you do not understand it and you do not know what to do, okay? Including you have homework and you got to go to the library. And you got to go look for this book and this book is not there. So, what you thought you would get done in three hours now it's going to take a whole week and three hours because you got to wait a week for the book. And how many people have worked in a group before? Yes or no. Who's worked in a group? Give me a shout out. I have. Okay. What is it like working in a group y'all. Easy or hard? It's hard, right? Because why is it hard? Well part of it, it's harder in college than in high school just because everyone does have their own schedule you are working with people that have other responsibilities, no one has the same class schedules. So, it's a lot coordinating on top of like the stress of the assignment itself. Uh-huh. Yeah. So, you have people who are working, some working in the evening, some working in the morning, some people who have children. And so sometimes the only time for you to have that mandatory group meeting is at 7:00 AM in the morning, right? College is not like high school where you go and from this time to that time. No. Everybody's, their schedule is different and it makes it really, really challenging. So when, if you're used to doing things very, very well. While I'm trying to say is if you're doing a lot, coming to college, you might have to settle for doing it just good. And sometimes when I talk to my individual, particularly if I have seniors and we have senioritis. Passing is a C. Okay. Sometimes again, I want to pass with an A. Okay, no, no. We want to graduate. If you only have to pass the class, then passing is a C. Ok? Not that I recommend that I really would like for everybody to do the best you can, but sometimes there are situations where you have to look and accommodate okay. So, the next screen I want you to look at, and any different time, you will have a different priority. Okay. So, Miss Robinson over there has a four-month-old baby, has a job and she's going to classes. Okay. Miss Robinson, what is your priority today? She's smiling. You would think she knows that. What is your priority today? That's kind of a tricky question, I, my son. Why is that a tricky question? Well he's at Daycare now, but right now the residents because my manager is on vacation, so I'm here by myself. So, because your son is over there, your residents are your priority right now, right? Yes. And if you've had to study for a test in about three hours what would your priority be? Um, the test. Well I'm kind of doing homework at the same time, while I'm here. Well okay there you are doing work, okay. So, what I'm trying, here's the thing, you might have three things are very important to you. Your son is extremely important. You have work because you have to provide for yourself and you have your academics in which you have to get a good grade because you're thinking about long-term goals. What happens is, for instance, heavens forbid, you know your son gets sick or something, your son becomes your priority at the moment. And that changes, okay. One of the things is we have to live in the moment. You'll prob, you will have multiple important things. Your academics may not be your priority. For one day, it may not be your priority the next day it may shift. So, one of the things to get used to is the idea of shifting priorities, okay? Especially if you have multiple things that are very important. Does anybody have a question about that? So, for instance, Ethan, if his grandparents need them and they are in an emergency, what and you had a test tomorrow. What would you do? Well, personally, I would know like, I know that I have a test, but I would prepare as soon as possible. As soon as I know. Then go over there. Like I said, they're getting old. So, I'm going to be in that situation one day, and I would hope I have the same thing that I'm giving them. So, you would, you would go help your grandparents, Correct? Oh yeah, over anything, I'd go. Okay. So, for that moment based on the situation, your priority will shift, okay. So, when you have multiple responsibilities, be ready to be flexible. Okay? Alrighty. Here's the other thing. Do not underestimate the academic, the academic load

and do not overestimate your ability. Okay. What do I mean by that? Do I have any seniors here in this group? Anthony you're a senior? Okay, Anthony. When you came into college as a freshman, did you think it was going to be easier than what it was? I think, I think I was aware it was going to be harder but I didn't manage my time initially as a freshman. Okay. Did you overestimate your ability then to get things done quickly? I don't know if I overestimated, I just didn't take it seriously. You didn't take it seriously. Anyone else? Any sophomores, juniors in this group, or seniors? Pretty much the same thing that he said. Like, being a freshman, I didn't know exactly what I wanted to prioritize because I'm meeting new people, I'm 2 hours away from home. I'm still finding myself as an individual. So, with all of that and then classes, my priorities were messed up anyway. Okay. What did you make as your priority Tori? By chance, just curious. So, during my first two years, I felt like I made my friends my priority and that's where my academic started to suffer. So that's where I am right now trying to get my academics way better. My GPA by learning to have boundaries and to figure out who should even be allowed to be my friend in situations like this. Ok. So again, alright, so readjusting, okay. One of the things, how many people have gone to class, think you understand something, go to do the homework and you go, I have no clue what this is about. Ethan's raising his hand, anybody else? Jacket is. I think all of us. All of you? Okay. So that's one of the things about underestimating. That's a little different from high school. Underestimating our academic load. Again, particularly when you have to do research in there, when you're actually looking at the homework assignment on the syllabus. And then you start doing it and you go, I have no clue what this instructor is asking for okay. It is so difficult. Sometimes the academic load we have and trying to understand what somebody's asking them for, asking us for. And then sometimes we overestimate our ability and thinking, I'll just whip it out. No problem, I'll just get it done. And it doesn't, it's not as easy as you think. Ok, so again, what you're talking about, Tori, and again, Anthony, I think you said it is realism, okay, being realistic. And once we get into college, it helps. After probably one semester about a learning curve. Okay? Anybody else wants to add to that? Okay, I'm going to go up. Okay. Here's the thing and this is I think Tori has spoken to this. Determine what you want to let go while in college. Or at least delay. What do I mean by that, folks? Anybody want to tell me what I mean by that? Help me out. Some of the hobbies you have in high school, you can't do it in college, especially for me. I had to let go of a hobby I had and because I don't have time for it here. Do you want to tell us, do you mind telling us what hobby that is? Yeah, so I barrel raced all through high school and it was really sad giving that up. But I'm going to get a couple barrel races when I have time. So, for the folks that don't know what barrel racing is, and I kind of sort of, but not completely. Tell us what barrel racing is again. There's a barrel involved and a horse, right? Yeah. Okay. What is it then? It's an event at rodeos and it's mostly a girl's event, but a couple guys do it. And you pretty much go as fast as you can through the barrel pattern and whoever gets the fastest time takes home some money. Is it a lot of money? Sometimes. Yeah. And it's a pretty good amount of money. Okay. So that takes a lot of practice. I take it Cate? Yeah, for sure. A lot of time, a lot of practice. So very good example. So, come into college. Well, those are things you delayed, or as Cate said again, you set aside practicing for that that hobby. You set aside, okay? What else can people, what else have people had to set aside. Or delay. I've been learning to play the guitar for about a year now. And as soon as I got into college and I kind of just dropped to completely, I haven't picked up the guitar in about two months now. Okay, Yeah. It's something that takes years to learn and I can't even spare a few hours. to play it so. Probably that few hours you want to sleep and get some rest. Okay. What else? And Tori said it. What else gets in our way in college. Friends. Friends, right? How many times friends have come to you and say, hey, let's go do this, right? And you go, Yeah, let's go do that. Instead of studying for a test or waking up for that eight o'clock class

in the morning. So, some of the things we have to delay is going out with friends, okay? And again, we call that delayed gratification. Sometimes we have to set aside having a romantic partner at the time. Okay? Because how much time does a romantic partner take? A lot. I heard a lot. Anybody else? They want to spend time with you, you want to spend time with them. Even if it's long distance. There is still the planning of spending time. Not as much as if you're much closer, but it does. And by the way, how much money does it take to have a romantic partner? A lot. Like you go on a date or something and you guys go out to eat that's money. Yes. If you want to go like shopping together or something, that's money too. Okay. Depends on if they are high maintenance or not. And you want to impress them, you want if you want to take him out, do you want to sometimes buy dinner for them and, you know, you have anniversaries and things like that. Yes. Right. So, I put and I'm going to put all these together, purchases. And let me tell you what I mean by purchases now, I will be honest with you up 100% honest. I've been honest with this particular trait I have for years. I am cheap. Ok. Do not call me cheap, just call me thrifty, okay. I know how to save money. If I go gambling at a casino. I am only going to spend \$20. Okay, that's it. I'm not going to give my money away. But how many, I've had some of my students that I've worked with who don't have a lot of money, but they will, you know, and I know probably, some of you have done that. They will go get that tattoo. And I'll go, no you don't need to get that tattoo, now we need to save that money. But they don't listen to me, that's okay. But sometimes how many people have made some purchases that it really would have helped for them to delay making those purchases? Ethan keeps raising his hand. Ethan you're going to learn from this. Anyone else made some purchases that you go, you know, it would be best if I did not do this just now. Me, Jessica, OK. Tori did you say me too? Anybody else who I cannot see on this screen? I'm going to click over to see who else, Emily and Cate. Wait a minute, who said that? Me. Who's me? Say your name so I can find you. Manny. Manny, okay. Manny, Manny. Why did you buy? I bought a couple of records that I didn't need to buy yet. Okay, how much did they cost? Altogether it was about 150. \$150? Yeah. for like old vinyl records? Yeah. Oh my gosh. You know, back in the day when I was younger, they didn't cost that much at all. Manny. \$150 for some old stuff, each, music is one of my hobbies, sometimes it gets over. Say that one more time, I didn't hear you well. It's one of my old, my hobbies I like to do, but sometimes I go over on spending, ok, remember what Kate says, you got to give up barrel racing. You might want to give up on that, right? Right. Okay. Jacket, is that a doggy on your bed? Yes. Wonderful. We all like animals. Okay. Anybody else, has spent stuff on that, they had, they didn't need to? Like those fancy iPhones with the extra stuff on it. Anybody else? Are you did you spend money on stuff that you ought not to spend money on? Like what? I like buying old film cameras, like the disposable kind, kind of, but you just replace the film every time. I like three of those and a lot of money to buy chemicals and stuff to process it. Yes, it is! That's a very expensive hobby and you need three cameras for that. Now, what could you be spending your money on instead, folks? Books. Books, right? Save for college, and all that extra stuff we asked you to buy in classes, especially if you're an art major you guys have to buy a lot of stuff. Okay. So, one of the things again is when you're balancing a lot is to look at considering delaying some stuff, okay. If you're going to put your academics up here and academic stakes, that takes a lot of work. The brain power it takes quite a lot. You look at what you're willing to delay, okay? Because you will graduate one day and then go buy whatever you want. You could make whatever friends you want, go hang out and you could do with permission whatever you want with your romantic partner. Okay? Questions about this one. And thank you all for participating. I really appreciate it. Okay. And let me see. I get to the next screen. Why don't you want to give me? Suggestions. And I've put this is as suggestions because for some people, some things will work and some people wouldn't. I do not want you to take this as if you do this,

this and this, it's going to work. No, life is never that easy. Okay? All right. Here's what I'm going to recommend. If you are a single parent or are you the person responsible, a parent with children, working School, grandparent's responsibility, you're responsible for yourself. Make a budget. Make a budget, use it as a guideline. This is what I'm going to need. Look at your scholarships. Okay. And take out, consider taking out loans. No, I do not like loans myself. But if you need to take out loans and it helps for you to take out enough money so you could live on it and you don't have to work as much. You could work a little bit less, so you have enough money or time to study, consider that, that is your choice. The other thing I'd like for you to know, if you have any scholarships alone, know the conditions of those scholarships and loans. For instance, if you are a freshman and you have the Arkansas challenge scholarship, you only have to complete in two semesters, 27 credit hours. So that means with some of my folks who need to drop a class in their first semester and go down to 12, you can you just have to make it up the next semester? That for the Arkansas scholarship, they evaluate that at the end of two semesters. Unlike the UCA scholarship, and I'm not sure which one, they look at your GPA every semester. How does it help to know the conditions of your scholarships, your loans, and any grants you have? How does that help you? So, then you are more aware of what you're putting yourself in. And you're not blaming everything on whoever's providing the loan without you knowing the conditions. Okay. And then what else Tori, you're doing really good. Anything else? One more. And like with that, you have to pay them back after certain amount of time too. But information is power. So, for instance, if you know Arkansas challenge is looking at your GPA at the end of two semesters. You could afford to say, okay, I'm going to do really bad in this class, I'll retake it and you have the second semester to increase your GPA. You could also make a decision. I could drop a class now and I will be okay for next semester. Information is power. Once you know the conditions of your loans and scholarships, you could work it to your advantage. Okay? We do not go into a semester expecting to drop a class. We all go into a semester hoping to pass all our classes. Well, but if we have to drop a class, we want to know how that's going to affect our scholarship and what we can do. So, information is power. And again, for those of you who have to take out loans, who are working, consider taking out a loan large enough so he could work less? Well. Okay. Maybe part-time and full-time. Any questions about that? Okay. I'm going to say no, I'm going to move on. Okay. Yeah, there we go. Alrighty. How many people in here? It's your first time coming to college. You're the first one coming to college, not that you're the first one, but you're the first one coming to college from the family. I said that so wrong. How many people this is your first, you're the first one in the family to come to college. Ethan, you raised your hand. Okay. Jessica. Manuel, you are. Anybody else? I'm the first one to go to school away from home. Okay. Go away from home. Ok. Anyone else? Ok. Does your family understand how much work it takes to be in college? What do they think you're doing in college? I'm not sure. I mean, my mom, every time I FaceTime her she's always trying to offer me money and everything. And I'm like, it's okay, I'm good but she doesn't understand that. that's why you want the hub. Like, she wants to help but, I mean it's fine right now. Like it's not too bad. Okay, okay. Manuel what about your family? like what do they think you're doing while in college? Well, they I guess they assume it's like pretty much like high school. And college. I feel like this more load of work, and you're moving in on your career and everything too. My mind is uh, pretty scientific based. So, it's a lot. It's a lot of responsibility. Whereas, I think in college because in college we view each and every one of you as an independent adult, we put a lot of responsibility on you to ask for help, ask for resources to find out more information. We're there. But it's almost you have to, you have two approaches. So, one of the things particularly, and I'm also talking to people, parents and have children at home, a spouse and they're working or who have family members, they're taking care

of. Talk to your family. Let him know how it is. Now, sometimes they'll listen and sometimes they won't, but at least try. Also, again, if you have children and they're older, you talk to them about it. The whole families in it. Okay. Particularly if your parents or it's the whole family. Once a pair and going to college involves all the family. Because what you're going to ask your family to do, and I'll go down to the 1, 2, 3, fourth step is you're going to now ask for help and you're going to delegate. Particularly if you have children. And particularly if you have a partner. As some of the things that you're doing, you're not going to be able to do anymore. I mean, I've had single mothers. Who, not single mothers. I'm sorry. I've had married women who've come to school, end up in my office and they're still responsible for the children and cleaning up and doing laundry and making all the meals and they break down because they're trying to do it all perfectly. And I go, you know, what's your partner doing. Well, nothing because I think I ought to be able to do it all. No. Something has to go. Okay. So, talking to your family, letting know what you're going through, what will be expected of you, what we expect of you, and preparing them that you're not going to be available. So, for instance, if your grandparents counted on you as the same way in the past, you might say, hey, I could come, but I may not be able to come as quickly. And I'm going to be able to come on the same day that you want me to come, okay. So, you going to have to tell your family too, and your friends. For those of you who have friends who are counting on you to say, hey, let's go do this and you go, you, let's go do this. You have to talk to them. You're not going to be as available to work with you. If you are working from home. And this is a lot of you online, please get a separate workspace. How many people study on their beds? Say something or raise your hand. Who's studying on their bed, I'm going to click over. I do. Emily, and how is that for you? For you studying on your bed. And Miss Campbell. Are you studying on your bed too? I'm just going to pick names. I don't enjoy sitting in my bed because I need like a disconnect. Like I feel like there is no separation But I don't really have anywhere else. I live at home. And my mom my mom went back to school to be an educator. My broth. So, it's like we're all here and we're all studying. And we all need a quiet space, but it's like, there's no disconnect between school and my personal life and no stress. When you say no disconnect, what do you mean? It's all in the same space, so yes. Yeah. So, it's like this is like where I should be able to like, come and de-stress and said, I'm in here and I'm still thinking about stuff even when I'm not working on it. That's a very good point. Fallon. Fallon can you hear me, okay Fallon is off. And Anna, can you hear me? Yes, I'm here. Okay. Now do you have a separate workspace. I do, I have an office. And how is that with the, how is that having an office? Very good. Super necessary for grad school, separates sleep and work. Yes. Okay. And I know it's tough. But if you can get a desk, even if it's a desk in the same space, a chair. Where you now have an organized workspace that when people see you in that space, they go, okay, they know not to bother you because of what you doing. And Again, psychologically it gets, you want the bed associated with rest and relaxation. You want your study space to be associated with focus and motivation. If you can get to the library, I encourage people to do that because it gets you out of that home, right? And with this pandemic being stuck at home, it can be a little bit depressing. Ok? So, if you can anything you can do to, you know, even if it's to go outside and read you're getting out of your space, out of your home, you're doing something different. It helps the mood a little bit. Okay. Okay. See, I'm almost running out of time, so I'm going to speed up here. Delegate, if you have children or friends delegate, and also asks for help from family and friends. And here's the other thing, if you're used to again, doing a lot of things, taking care of people, taking care of children and cleaning up the house. Whatever you're doing, sometimes doing laundry, which I know some of you do. You have to let that go to focus on something else? So sometimes if you'd like to have a clean house, you might let that go for that week in order to focus something else. Again, your priority will shift. We

cannot do everything all the time perfectly. Okay. Alright. Managing time. Number one, for my yes people out there who cannot say no start saying no. I know that is hard for some people. But what you can do instead of say no, you could say Not yet, or maybe later, nowhere in maybe later is the word no. Okay. Folks, I cannot stress cannot stress this. Stress it. Use a calendar. Okay. I go back to the overestimated mation of things and underestimation, overestimation of our ability and underestimation of college. There's so much going on in college, sometimes we forget that we cannot keep it all in our head. Please consider using a calendar. And the way our calendar helps is that in a snapshot, you get to see what's happening. In a week. You get to see what you could move around. If you have a lot of responsibility, particularly again, a child, children do not work on a schedule, so you can see what you have to get done ahead of time so something happens or you need to attend to your child in that moment. You could do that because you are doing things ahead of time, okay? Living in the moment would also help you not worry as much. So, if you are in class, focus in class, if you at home, do the home stuff. If you're on a date, to the date staff. Okay. But live in the present and also try to develop a routine. Try to develop a routine that way, particularly in study time. Also try to manage your time. If you have a calendar, you can see two times where you can get up earlier in the morning to study. If there are times and I'm going to hit the next slide, times like if you're going to go to the doctor and have to wait for someone, take your homework with you wherever you go. That way you get, if you're sitting in a waiting room. You can study, or you can read. Ok. I see many of you walk around with your backpack all the time. If you have your laptop with you, like you have downtime or unexpected time to unexpected time, where you're sitting down not doing anything, you can always pull out your book and study. How many people already do that? Anybody already do that? Gosh, being quiet. Okay, also the most, and other important thing is please set aside time to relax. I know we're talking about time management. If you do not set a time, time to de-stress, you're not going to get anything done. You will get stressed, you will have accidents, you will forget, you will lose motivation and you will lose the ability to focus. Ok. You have to have some downtime in there. Let's see. Enter. Develop a support group, folks, make friends with other students. It's very important that way if you don't go to class, you can connect with other students and say, hey, I miss, missed this work can you tell me what happened. Can I copy your notes? Would you take notes for me today because I will not be there? You can call up students, say I have no clue what this professor is talking about. What do we need to do? So, make friends with other students, develop a support group, asks for help from your professors, talk to your professors, and also get a mentor. So, for many students having an older person who's already gone to college. Be their mentor, that, that really helps them, get through college and learn some stuff and learn what to expect. Okay. What time is it, anybody? Okay. Let me see what time it is. 2:28. Oh, 2:28. Thank you. Okay, on my last slide. Okay. This is my slide I got from a friend. Okay. It says, I'll read it to you. Your day, your day doesn't have to be perfect. You have meaning, showing up matters, giving matters, trying matters, loving matters, being there matters. Perfection doesn't matter. It is you that matter is you taking care of you and looking at your goals and making the decision on what you want to get done, okay. So that's my last slide. Does anyone have any questions? Okay, I see Marvin has given you an end poll, and go ahead and complete that, folks. Thank you so much for joining me and Marvin and I joining us. My name is Reesa. I am at the counseling center. If you have any questions later on, you can always email me, just go to counseling center webpage