

# Design a Well-Balanced Schedule



## Begin with the end in mind.

We speak of time like we speak of money...because it is just as valuable! Spend it wisely.

When scheduling classes we strive to strike a balance between reaching for the student's highest level of academic achievement while considering the total picture of academic demands. Families need to consider the time demands of a well-balanced life.

It is no surprise that overscheduling has been linked to anxiety in children and teens. South students, like students in many similar schools, often fall prey to the overscheduled/anxiety trap.

Psychologists remind us that life is as much (probably more) about *being* as it is about *doing*. One important job for parents is helping kids come to the realization that people are defined by who they are rather than by what they do. Does the child whose calendar is stuffed to overflowing get that message? Kids who are living a life of activity without learning the meaning behind activity and the value of personhood are open to suffering from anxiety....It isn't only the family dynamic that suffers when everyone is running stressed — the child may be missing out on some important personal contemplation and self-examination when life is activity-driven.

<http://www.promises.com/articles/research/overscheduling-linked-to-anxiety-in-children-teens/>

## Reflect:

What percentage of my time should be spent in different areas of my life? Am I planning based on my priorities or responding based on the demands of my commitments? What are my priorities?

<ul style="list-style-type: none"><li>• Academics</li><li>• Athletics</li><li>• Arts (rehearsal and performance)</li><li>• Club/School Government</li></ul>	<ul style="list-style-type: none"><li>• Work</li><li>• Family</li><li>• Social/Friends/Free time</li><li>• Community Service</li><li>• Personal Reflection/meditation/down-time</li></ul>
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## Manage:

As a family, sketch out your week – literally blocking out the time required for activities. Be sure to prioritize the categories that you reflected as the most important. Do your life priorities match your commitments or do you need to adjust your commitments? As you look at your week, have you built-in time to relax and rejuvenate your body and mind?