

# How to Balance School and a Job as a Working Student

By DeVry University



Managing your work and school schedules can be a bit of a balancing act. Family commitments, work and your social life can fill up a schedule quickly even before adding class and study time into the mix.

When things get busy, it pays to have a strategy to help you stay focused and calm. Check out these five tips to help you better balance school and a job as a working student.

## 5 Ways to Balance School and a Job

If you're trying to [balance school and work](#) as a working student, there are a few things you can do to help make life a little easier.

Sometimes, small adjustments or additions to your routine can make a big difference when it comes to organizing your schedule or managing stress.

**Here are 5 examples of what these adjustments might look like:**

### 1. Create a Designated Study Space

It can be easy to get distracted at home, so having a dedicated space where you can study or watch lectures can be a huge help when you're pursuing your education. By creating a designated space where you can focus away from your phone or the tv, your brain will be better able to absorb information.

### 2. Stay Organized

While staying organized is good advice for anyone, it can be especially helpful for working students. If you're switching gears between a full workday, family life and school, staying on top of where you left off is crucial.

Create a filing system on your computer or drive to help you keep track of important documents like syllabuses or essay drafts. Use a calendar to carve out study and class time– and stick to your schedule. The less time you spend searching for something or figuring out what to focus on next, the more efficient you'll be with your time.

### 3. Use Your Resources

There are [student resources and services](#) that are available to you as a student that can help make your schedule more manageable. As a DeVry student, you'll have access to:

- **E-tutoring:** We offer 24/7 on-demand tutoring\* that can help you tackle a challenging subject.
- **E-library:** Our extensive e-library provides access to research consultants or study materials when you need them.
- **Academic advising:** Our academic advisors are ready to work with you to come up with an academic plan that fits your goals and your life.

### 4. Find Your Support System

Having a support system to talk to or to lift you up when you're feeling overwhelmed can make all the difference when you're trying to balance school and a job as a working student. Utilize people you trust like your friends or family to be a listening ear when you need it, or to take over small jobs when you find yourself pressed for time. Setting up a study group with other students in your area can also be a big help with internalizing concepts or creating a support system.

### 5. Don't Forget to Rest

School may be top of your to do list, but you should make sure that you don't get burned out. Taking time to rest and relax not only helps your body relieve stress and anxiety, but also helps improve your mood and lowers your blood pressure.<sup>1</sup> Make time to rest by spending time with friends and family. Doing something you enjoy can help you unwind. Make sure you get a good night's sleep as well, as this can also aid in your ability to learn.

To find out more about how DeVry's tech-driven programs can help you develop and pursue your vision [click here](#) to request more information.



**Through an education partnership in conjunction with DeVry University, you have access to education benefits in support of your professional and life goals. To learn about transferring qualifying credits, tuition rate savings and more, contact your benefits manager or HR department for more details.**

\* Each student is allotted a set number of hours of tutoring per academic session through [www.tutor.com](http://www.tutor.com) (available 24/7). Additional tutoring services are also available through [www.DevryTutors.com](http://www.DevryTutors.com).

<sup>1</sup> Source: <https://www.mhanational.org/rest-relaxation-and-exercise>

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