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Tips for the Working College Student [brochure and video]

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WHO CAN I CONTACT?



WKU Students Can Contact

WKU Counseling and Testing Center

<http://www.wku.edu/heretohelp/>
Phone 270-745-3159
Located in Potter Hall, Room 409

WKU The Learning Center

<http://www.wku.edu/tlc/>
Phone: 270-745-6254
Located in Student Success Center,
DUC A330

Not a WKU Student

Check with your campus about available counseling and student support services.



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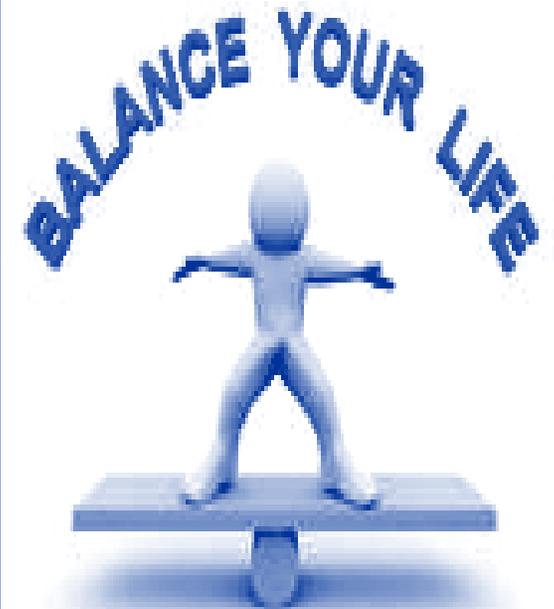
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TIPS FOR THE WORKING COLLEGE STUDENT



Who works in college

Student employment is very common today in higher education. According to the United States Census Bureau, in 2011 of the 19.7 million undergraduate students

enrolled in college 72 % work and of the 4.1 million graduate student population 82 %

of them are employed as well. Finding a work/life balance in college is very important in achieving

academic, professional and personal goals.

Each student has their own reason for working in college. Some students may feel that working in college keeps them focused and on task, while others may suffer from the overwhelming feelings of stress and anxiety that can hinder them at being successful in college.



Benefits of working in college

- Pay tuition and other educational related fees
- Gain career experience
- Volunteering to help others in need
- Pay personal bills and other living expenses
- Satisfying parents expectations to work
- Provides spending money for shopping and entertainment
- Helps promote good communication skills
- Builds time management skills

Balancing

Your social life and academics

- Know your limit and don't take on too many things at once
- Stay on task by using social media sites in moderation
- Make a schedule, but be flexible
- Hold yourself accountable for appointments and study time
- Don't procrastinate and put off tomorrow what can be done today
- Set time aside for family, friends and other obligations
- Take time for yourself, there's nothing wrong with a little "me time"
- Try not to stress out over things you can not control
- Give your brain a break from having to remember things that can be written in a planner or agenda book

Feeling overwhelmed and stressed....

- Visit your university counseling center.
- Locate study groups and tutoring services if stressed because of academic troubles
- Seek religious guidance
- Get plenty of rest
- Eat healthy and exercise
- When feasible take time off from your academics and job
- Take advantage of university scheduled breaks (Spring Break, Christmas Break, etc.)
- Hang out with friends
- Consider working fewer hours
- Maintain open communication with your family, boss and professors on what is going on in your life
- Explore student employment and other campus jobs, such as graduate assistantships instead of off campus jobs
- Meet with your boss and professors when having issues meeting deadlines
- Join a social club or intramural activities
- Remember there are only 24 hours in a day, use your time wisely