

TARRYN

Ask for help when you need it

Recently I wanted to give up on an essay...

I was so sleep deprived and over it, that I just decided, oh well it's only worth 15%. So I sat at my desk for a while thinking about it, mostly thinking about my bed and I decided to email someone, almost like a cry for help.

I contacted TPA and told them what was going on and within minutes I had a reply, then a phone call with details of someone I could contact to speak to about the essay. I called this fellow student, talked through what I was thinking about the assignment and I realised that my ideas weren't as bad as I thought.

I wrote the essay that day and handed it in that night, then had a massive sleep in. I haven't got the result back yet, at this stage, I'm happy enough with the fact that I asked for help and it got handed in.

TAYLA

Separate life and study for the perfect balance

My first year was a struggle in terms of uni-life balance...

I think the major factor was finding the right 'space' for my uni life. I never studied in the library and I would always go home after class and attempt to write assignments in my bed, which would just lead me to streaming TV shows on my laptop or falling asleep.

It wasn't until my second year where I decided to treat uni as a full-time job that I started to get better grades, and feel more positive about uni in general. I would come to the library every morning around 9am and leave at 5pm. Unless I fell really behind, I would reserve the weekends for my part-time job and socialising, watching TV shows, drinking with friends etc. I have maintained this balance right up until now - my fifth year of study. Creating a space in which to study (the library) meant that my bedroom became a place of rest and sanctuary. And creating a time (weekdays) to study meant that my weekends were reserved for family, friends and relaxation time.

Although I do slip into moments of stress and anxiety regarding uni, I seriously do feel that by creating this uni-life balance I have given myself time and physical space away from the campus that allows me to relax, socialise and maintain an overall healthy lifestyle!

HOLLIE

Take time out every day

My uni-life balance has not always been as good as it is today...

In 2nd year it was a little too much life, not enough uni. I moved out of home and in with my friends which led to drinking every weekend, sleeping in every morning, and not much passing of assignments or courses.

These days I know how to balance uni and life a little better, but it's not easy. Just like too much life didn't go well for me, neither does too much uni. I don't feel happy or healthy when I'm bogged down by assignments, deadlines and readings but it happens really easily. So, I try to make a point to take time out - I ring my mum (at times frustrating, but most of the time right), I catch up on Shortland Street, or I go out for a drink with my mates.

I don't wait until I feel I'm at breaking point either, I try to have some time out every day (big or small) and surround myself with supportive and cool people that encourage a good balance.

KIEREN

Make time for you

University was pretty cray cray during my first year...

Amongst all of the normal stress of essays and readings, I had to spend 2 hours every day travelling to and from campus and I worked nights as a waitress in the CBD. Funnily enough though, making the most of these things not only made me feel like an absolute pro but also helped me with the pressures of student life.

The first thing was doing my readings on the train and bus, surprising myself when I finished them within matter of 2 or 3 train rides. This also left time for me to read a chapter of a non-uni novel or watch an episode of my fave online TV show before going to sleep every night. Whaddup GOT.

Having a job also kept my mind off uni, and introduced me to some of my current best friends and the great social life that comes along with working hospo. All I can say is - whatever your sitch may be - just find your way of making the most of it, and always (ALWAYS) make time for doing you outside of uni.

As Tim Gunn would say, "make it work", baby.

REAL LIFE BALANCE STORIES FROM VICTORIA STUDENTS

Be inspired by real life stories from students who have overcome hurdles and barriers to gaining life balance. They have come out on top by using simple adjustments to suit their lifestyle, and want to share their experience to encourage others to do the same.