

## 8 Time management-balancing gaming and marks

Hi everyone,

Today we're talking about something that affects all of us - managing your time between gaming and your academic work. It's not about giving up gaming - it's about finding a balance that works for you while keeping your marks where you want them.

Let's be honest – an academic degree is different from any formal study you might have done before. You've got more freedom, but also more responsibility for managing your own time. No one's going to tell you to stop gaming and start that assignment - that's on you now.

Let's look at some practical ways to balance things:

First up - get organised. Know when your deadlines are. All of them. Put them in your phone calendar, set reminders, whatever works for you. Nothing ruins a gaming session like suddenly remembering you've got an assignment due tomorrow.

Plan your time realistically. If you know you've got a scheduled gaming session or tournament on Wednesday night, don't tell yourself you'll start your coursework then.

Be honest about how long things take - both gaming and academic work. That includes thinking about time for research, writing, and checking your work.

Here's something that works well - use gaming as a reward. Set yourself targets like *"When I finish this section, I can have an hour of gaming."* But be strict with yourself - no starting the next match if you haven't hit your study goal.

Breaking things down helps too. You don't need to write that whole assignment in one go. Do an hour of work, have a gaming break, then come back to it. Just make sure your *"quick game"* doesn't turn into an all-night session.

Watch out for the common traps. *"I work better under pressure"* usually means *"I leave everything to the last minute."* *"Just one more game"* can eat up hours you don't really have. We've all been there, but you need to be honest with yourself.

If you're falling behind, something needs to change. Maybe you need a schedule. Maybe you need to cut back on gaming during busy weeks. It's not forever - it's just about being smart with your time when deadlines are coming up.

Remember - both gaming and studying are important parts of your academic life. It's not about choosing one or the other. It's about finding a balance that lets you enjoy your gaming without letting your marks slip.