Balancing Act: Success as a Student

*[The Learning Center](http://learningcenter.unc.edu/)*

*[at UNC-CH](http://learningcenter.unc.edu/)*

It’s important to stay balanced as you juggle your classes, extra-curricular commitments and social time. Use this worksheet to tally how often you participate in three important areas that can help lead to academic success and an overall positive experience as a student.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week of:** |  |  |  |  |  |  |  |  |  |
| **Active Studying** |
| Made Study Guide |  |  |  |  |  |  |  |  |  |
| Re-Organized Lecture Notes |  |  |  |  |  |  |  |  |  |
| Used Flash Cards |  |  |  |  |  |  |  |  |  |
| Took Reading Notes |  |  |  |  |  |  |  |  |  |
| Tested Myself |  |  |  |  |  |  |  |  |  |
| Taught Someone Else |  |  |  |  |  |  |  |  |  |
| Attended Study Camp or Tutoring |  |  |  |  |  |  |  |  |  |
| Other: |  |  |  |  |  |  |  |  |  |
| **Connections With Others** |
| Worked with Learning Center Staff |  |  |  |  |  |  |  |  |  |
| Checked in with Peer Coach |  |  |  |  |  |  |  |  |  |
| Used Professor Office Hours |  |  |  |  |  |  |  |  |  |
| Used The Writing Center |  |  |  |  |  |  |  |  |  |
| Worked with a Tutor |  |  |  |  |  |  |  |  |  |
| Social Outings with Friends |  |  |  |  |  |  |  |  |  |
| Other: |  |  |  |  |  |  |  |  |  |
| **Goal-Setting and Planning** |
| Made Time for Daily Planning |  |  |  |  |  |  |  |  |  |
| Set Weekly Goals |  |  |  |  |  |  |  |  |  |
| Created Daily Task List |  |  |  |  |  |  |  |  |  |



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