

A Guide to Surviving School Life

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We all know the struggles of surviving school life. Trying to find the balance between school, homework, study, social life, exercise and mental health is not the easiest. In my opinion, there are four main steps that can help you find this balance.

Step 1: Mental Health

Step 2: School Life

Step 3: Social Life

Step 4: Exercise

I will inform you on how you can use each step to your advantage.

Step 1: Mental Health

Mental health is a very difficult topic to discuss, but it is also a very important topic in everyone's life. Anxiety is one of the most common mental health issues. Anxiety is a natural, understandable emotional response that can help us prepare for challenges, such as, sitting an exam or making a presentation. Many students struggle with anxiety during school life, which can affect their schoolwork, social life and their state of mind. In my opinion, if you know where to look, you can find positivity. Whether it's a person or music or in a book, once you begin to embrace and spread positivity, life will become a lot easier. For example, when you start to embrace school life, the classes and the information you are being taught, the easier it is to remember the information, which means your overall effort in class improves, your grades get better and you begin to improve your own self esteem and bring a more positive state of mind to learning

new things. That is why mental health is a very important step when it comes to school life.

Step 2: School Life

School is one of the most important stage in a person's life. Here, they learn discipline, new information, make friends and discover themselves and what their interests are for the future. The most difficult part of school life is managing the homework, study, exams, projects...etc. The best way to keep on top of all your work is to have a planner and to be as organised as possible. The planner will help you to map out your week. For example, you would write down the subjects you want to study each day, the homework that needs to be done and any up coming exams, in a particular time frame that will help you to get all your work done but not be too stressed by the end of the week. Organisation will help, by keeping all your work and notes for each subject together. This will help reduce stress and anxiety as you will know where everything is.

Step 3: Social Life

Social life is important to every teenager. This is because at this time teenagers are beginning to receive more freedom and, with that, begin to test the boundaries to see how much freedom they can get. Having a social life can help improve your confidence, people skills and your self-esteem. Although this is important, the difficulty is having a social life and getting all your work done, at the same time. A solution to this would be planning out your days (like step 2) and having a set day for a time off. Example, working in the morning on a Saturday and then taking the afternoon off. This way you will get your work done and have a social life.

Step 4: Exercise

Exercise benefits both your body and brain. Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress, it increases the production of endorphins, which are known to help produce positive feelings. This will help the concentration of students, which is especially good for exams and schoolwork and increase their effort when it comes to schoolwork and projects. Exercise is also really good for your body, as it plays a vital role in building and maintaining strong muscles and bones. This is important for young students as they are constantly growing.

We saw that in step one, mental health can improve your grades, effort in class, remembering information and your overall wellbeing. In step two, we saw that planning and organisation is very important, if you want to keep on top of your schoolwork. In step three, we saw that planning your days smartly can help improve your social life and also get your work done. Finally, we saw in step four, how exercise can benefit both your body and brain which is necessary for every student. This four-step guide should help any student finding school life difficult, if all steps are followed. This is an easy guide to a balanced school life.