

# Word on the Hill

How do you balance activities and school?

By Alissa Sheppard



"I put homework first and don't get out of the library till 11 p.m."

**Ashton Sudduth**  
biology  
junior



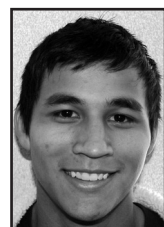
"Time management, more important things first."

**Ronan McStravick**  
business administration  
senior



"Study at night."

**Verna Jokomo**  
history and political science  
senior



"Plan it between classes and after practices."

**Jack Mitchell**  
Athletic training  
freshman



"Study in between classes and work."

**Mecaela Marks**  
education  
senior



"Practice during the day and study at night."

**Luiz Reyes**  
business  
freshman

# Balancing time reduces overwhelming feeling



**MORGAN GIVNEY**

Balancing our time is a skill that evolves as we grow. When we are young, we are shown how this particular skill is managed effectively.

During our younger years, parents make the executive decisions for us regarding time management. We are told what sports teams we will be a part of, what functions we will attend, and we are constantly shuttled back and forth from practices, school, and home.

As we grow older the responsibility of time management

shifts from our parents to us. We pick our own sports and functions to involve ourselves with.

Eventually, we have our license and the commuting to and from activities become the only time in which you are seemingly doing nothing. Yet, ironically you are performing an act which leads you to the craziness of things you have committed yourself to.

I have found that there are two basic things which motivate people, time and money. Money is a driving force to why we do just about anything that we do, and as college students we feel we can never have enough. We as a society are extremely motivated by money and are constantly craving more.

However, just about everything we do is based off time. It is almost a guarantee of that when you walk into any public building or room, there will be

a clock on the wall displaying the time. We are constantly in a battle with time, we have class or work at a specific time, and deadlines are given with time restraints. With time being such a driving force in our life, it is important we have the ability to manage it effectively.

From the day I turned 16 I've had a job. My parents always taught me the importance of being frugal and made sure I knew the "value of a dollar." So, when I was offered a position at a store which allowed me very flexible hours, friendly people to surround myself with, and most important to me, 25 percent off anything I wanted, I quickly took advantage of the opportunity.

Sometimes I was upset about spending my free time at work, but as soon as I got my first paycheck my attitude quickly changed. I became very intrigued with making

my own money.

I worked this job throughout high school and found balance between being a good employee and being a responsible student. I felt pretty confident about the time management skills I had acquired.

During the first week of classes as a college student I felt good about the workload I had, and realized that I had too much free time on my hands. With this realization I set out and found myself a work study position.

After the first week of classes, more and more homework was assigned and I found myself becoming overwhelmed with all the deadlines set before me.

Having a job, I no longer had the free time in the afternoons which I could fill with homework. I was in a constant shuffle from class, to the cafeteria, to work, to a quick and never long enough homework session, on

to practice, then finally to my room to catch up on my favorite shows.

At this point my time was managing me. I was going through the motions of all my commitments and wasn't giving any of them the effort they required in order for me to become successful. I no longer had any balance or control over school and work.

I realized how important schoolwork is, and I was struggling to be successful at school, work, and my activities. I have always been told that school is my job, and it needs to be my number one priority. Feeling like I was failing at both school and work, I found it necessary to evaluate how I was spending my time.

After some reflection I realized that I was never really focused on the thing I was doing at the time. While I was in class I would be focused on how to make time in the day

to nap, while at work I would make a mental checklist of my homework that needed to be completed, and while at practice I would be wondering what would happen on Jersey Shore. I realized that in order for me to get anything done I needed to have a clear and focused mind on the task set before me. I needed to take back the control of managing my own time by clearing my mind to focus on accomplishing one thing at a time.

As I found out, it can be incredibly overwhelming trying to be successful at it all. We are expected to make good grades, perform well on the field, and be a good employee. While this is stressful, I have found that the most effective way to deal with it all is to manage your time responsibly.

Morgan Givney is a freshman with an undecided major. You may e-mail her at [morgan.givney@sckans.edu](mailto:morgan.givney@sckans.edu).

## PERSONAL COLUMN

## EDITORIAL

# Speaker stresses safety during sexual assault awareness session

**CAITLIN DYCK**

Empowered, trusting, strong, and fearless; these are the words we wish to describe ourselves and those we are surrounded by. Broken, scared, powerless, and fearful; these are the words that describe us and what we become when we are violated.

On Sept. 21, Dr. John Foubert conducted two sessions on keeping campuses safe from sexual violence. Helpful and informative, these sessions were powerful and meant to help educate and arm us with information on different things we can do to better protect ourselves

and those we care about against rape and sexual violence.

Rape is a touchy subject. It is hard to approach, hard to discuss, and most definitely hard to accuse. "Rape" is a scary word; it is what is known as a devil term. This word is used to put down others, talk negatively about certain situations, and is used out of context quite often, although, the word has power.

As humans, we strive to find the good in others and trust them without thinking twice. We have to remember that regardless of what happens to us, there are people out there that are genuinely good and will protect us from the bad by any

means necessary.

This world is full of terrible things that we hope we never have to face. A fatal car accident, unfair deaths, losing everything we own, becoming paralyzed, and being raped. These are all terrible things that we do not discuss because they are sad, make us uncomfortable, and embarrass us.

This is where we need to learn how to change things for the better. We can take something that is a taboo subject and bring it to light. We can make things better for us all, as a whole. Learning how to use the words that we are taught how to

use when expressing our feelings can be more powerful than we recognize.

We so strongly want to protect our peers and those younger, but better than doing that physically, we need to teach them that expressing their feelings and thoughts through words is a huge form of protection.

The more we are able to educate young men and women on dangerous situations and dangerous people, the less dangerous situations and dangerous people we will ultimately have. Teaching prevention is not something that can always cure or stop something from hap-

pening, however, education is a great place to start. Instead of not discussing the scary parts of life with our peers and keeping them naive about the world they live in, let us make these topics an open book for anyone to read when they want to.

If we are uneducated on the topic or uncomfortable, let us educate ourselves or talk with someone that knows more than we do. Let us be as willing to learn as the next person. This will help everyone, as well as help us learn about the topic at hand.

Let us be the person that anyone can count on to protect them. Let us be that person that

we would want to be there in a time of need.

The more we open up and talk about the things that are not discussed in everyday conversation the more we will inevitably prevent from bad things happening to us. Granted bad things happen without our permission, but the things we can control, the things we can talk about, are a great start to a better and more encouraging future for those in need of the words we will leave behind.

Caitlin Dyck is a senior majoring in general communication. You can e-mail her at [caitlin.dyck@sckans.edu](mailto:caitlin.dyck@sckans.edu).

## LETTER TO THE EDITOR

# Psych major suggests study abroad experience



**XIAO QING YAO**

On Aug. 11, Yao arrived at SC to study psychology that would transfer to a doctoral program in order to become a psychotherapist later.

She chose SC because of her friend, Julia who was the visiting scholar last semester and read her articles about SC and was attracted by it. It is exactly what Yao expected and imagined when she was in China.

Yao was born and grew up in Xi'an city where terracotta soldiers and horses of the Qin Dynasty reside. But after her graduation from the college, she went to Beijing to work and

live there for over ten years.

Yao knew the program from her friends George Gangwere and his wife, Patricia.

She wants to share her view and information with her students of SC. She hopes more and more western students can visit China and communicate with each other.

I worked as a senior consultant of Human Resource in China for ten years and headhunting was part of my job.

I am quite familiar with job orientation for western companies in China.

I also know a lot of Westerners who are working in China now.

Nearly all companies are doing business in China and want to get a piece of the big cake, so they need American employees working in China.

They offer high salaries and good development opportunities.

If you study some Chinese culture and make some Chinese friends, that will help you a lot

in your business career.

Southwestern is offering an opportunity to experience China next Spring in Huang Shan university for one semester.

Huang Shan is one of the most famous mountains in China, like Yellowstone Park in the U.S.

I think this is a good chance for students who are interested in China, especially for those whose majors are business or marketing.

I came to the U.S last month and am experiencing the good fortune of "culture shock" now.

The differences in the two cultures is both stimulating and thought-provoking. I cannot stop thinking, comparing, analyzing and inferring. I better understand the world and my own life.

I know the journey to the U.S has been fruitful in helping me mature and explore my career.

The experience is a wealth which can make an individual walk into the inner world of himself and produce self-confidence and love.

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