

Alumni Blog - March 2023

Less Mess = Less Stress: Organization

Picture This:

You are midway through the Spring semester, you have midterms coming up, you have finals coming up in April, and you are already in a state of stress.

What's worse?

You throw in a messy room, jumbled notes, missing papers, assignments due at 11:59 PM tonight, and you'll really be in a state of panic.

What can you do to eliminate some of this stress?

Organize.

It seems like such an easy task, but it can be difficult to train yourself to utilize organizational skills if you have never used them before. Getting a head start on organizing now might could save you some heartache when finals come around.

“A good system shortens the road to the goal.”

- Orison Swett Marden

What Are Those Tips for Organization?

If you are not sure where you should begin in your organization journey, this is a great place to start...

1. Get a Planner



Are you missing due dates of assignments? Grab a planner and mark those dates on your calendar. Many professors give out their syllabus on the first day of class, so make sure to go through and jot those assignments down ahead of time. This can save you from being more stressed out later!

2. Make Weekly To-Do Lists

Similarly, you can write down all of your assignments, study times, events, etc. in a weekly to-do list. This can put some important due dates from your planner into a bite-sized chunk that you can put your focus on if a planner seems too overwhelming.

3. Proper Note Storage



If you have miscellaneous papers from different classes crammed into a desk drawer in your dorm room, take those out and file them! Put each class in a different notebook, binder section, or folder and put those notes in order. It'll save you a lot of time when you start studying if you have everything you need in one place. (Make sure you always put a date on your papers, too!)

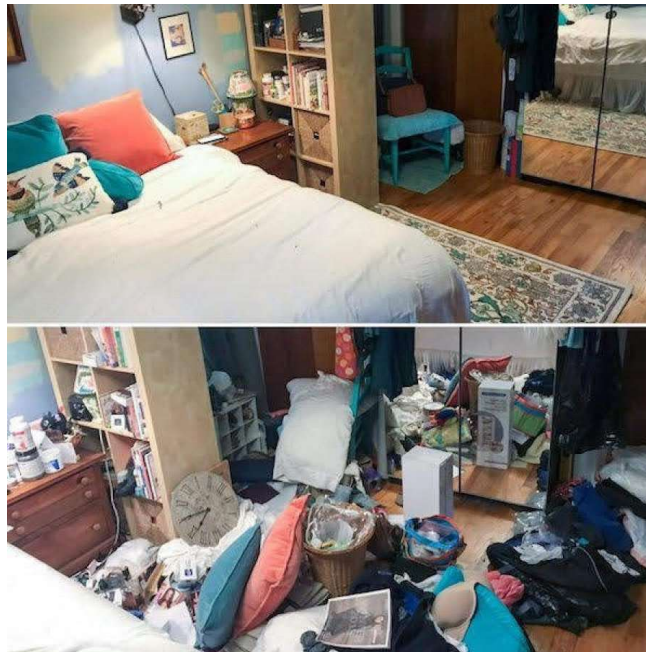
4. Time Management

Do you always seem to start assignments the night that they are due? It might help to pre-plan when you want to start an assignment early and around how long it will take you to complete it. This is especially helpful if you have several assignments due around the same time. Procrastinating only creates more stress!

5. Routines

Try to get into a routine if you don't have one already! If you want to start homework at 2:00 PM when you get out of class, make sure to stick with that schedule. If you get used to studying/doing homework at a specific time every day, you will be able to knock assignments out quickly. You can even reward yourself after every hour that you work diligently to keep yourself motivated!

6. Keep Your Room Clean



You may not think that a messy room has any effect on academics, but it certainly can. If you are consistently losing things in your room because it is too cluttered, it can put your body through extra stress. You want to have all of your books, notes, assignments, and supplies all in one spot so you are not searching for hours when you need something. It will make studying much easier!

7. Self-Care



Organization is extremely important when it comes to academics, but you want to make sure that you plan some time for yourself, too. Do not forget to allow yourself some time for fun. Take up a new hobby, hangout with your friends, got to a school event, and just let loose! Mental health is very important, and it will even help with staying organized!

Organization can help you manage your stress levels, increase motivation and productivity, and increase your academic success!

If you find yourself in “mess distress,” maybe taking the time to implement some of these organizational tools could help you out!



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