Balancing Act

Student Instructions

Your ability to balance your learning and other commitments is not easy. When you are able to self-manage your various responsibilities you're more likely to be mentally, physically, and emotionally prepared to learn. But don't worry, these self-management skills, like social, emotional, and resiliency can be developed to help you better manage stress and maintain a positive well-being. Start by identifying how you have managed stress in the past to help you recognise these strategies when work/life balance seems to sway one way.

1. In your Xello **About Me** profile, add 5-10 recent past and current experiences to your **Experiences** timeline. This could include:
   - **Work** related experiences like job shadowing or paid work
   - **Volunteer** experiences like being a peer tutor, helping out in the community, or active school council member
   - Formal **Education** experiences like working towards your A levels or taking extra courses.
   - **Life** experiences such as performing at a local event, participating at a robotics competition, succeeding on an outdoor educational trip, completing first aid training, receiving recognition for environmental leadership, passing a graded music exam, or earning a new belt in martial arts.
2. For each experience you add include a brief reflection about:
   - What you liked: this could include details about the people you worked with, the goals you reached, or the tasks you completed.
   - What you found challenging: consider times when it was difficult to balance this with other roles. What skills or strategies did you use to be successful? (eg. flexibility, organisation, staying focused, self-motivation, and working under pressure).
   - What you learned: capture the skills you practised and describe how these could be transferred to other experiences.
3. Optional: Did you identify any skills within these experiences that you have not yet added to your skills inventory on your Xello profile? If yes, add and rate them.