

# BALANCING ACADEMIC AND EXTRACURRICULAR COMMITMENTS IN UNIVERSITY



Title: Balancing Academic and Extracurricular Commitments in University

Higher education not only encourages academic development but also places a considerable emphasis on students' extracurricular participation. Universities offer a wide array of activities and clubs that allow students to foster new skills, build relationships, and contribute to their personal growth. The balance between academic responsibilities and involvement in university activities is, therefore, crucial to the overall university experience (Kuh et al., 2008)<sup>1</sup>.

Academics form the core part of university education. Students are typically advised to dedicate 2-3 hours of study for every one hour of class (Crede & Kuncel, 2010)<sup>2</sup>. Consequently, for a standard 15-credit hour semester, students should anticipate committing between 30 to 45 hours per week to studying and attending classes. A disciplined schedule helps maintain a consistent study habit, making learning more effective and efficient (Nonis & Hudson, 2010)<sup>3</sup>.

Extracurricular activities, on the other hand, provide students with real-world skills and experiences that

complement their academic studies (Kuh et al., 1991)<sup>4</sup>. Participating in clubs, societies, sports, and volunteer activities offer opportunities to develop leadership, communication, teamwork, and problem-solving skills. While the amount of time dedicated to these activities can vary widely, a rule of thumb suggests devoting 10-20 hours per week to extracurriculars (Stephens & Eison, 1986)<sup>5</sup>.

Achieving a balance between academics and extracurricular activities is a dynamic process and varies for every individual. It requires self-assessment, goal setting, and time management skills. Some scholars recommend using time management apps or maintaining a physical planner to allocate time effectively (Britton & Tesser, 1991)<sup>6</sup>.

Regular breaks are also integral to the equation. According to the Pomodoro technique, for every 25 minutes of concentrated work, a five-minute break can enhance focus and productivity (Cirillo, 2007).

In conclusion, striking the right balance between academic commitments and extracurricular involvement is vital in the university context. It paves the way for a wholesome university experience that equally values intellectual growth and personal development.

References:

## Footnotes

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