

## BALANCING SCHOOL AND EXTRACURRICULAR ACTIVITIES: TIPS FOR SUCCESS

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**Abstract:** *This article highlights the most important strategies for achieving balance and success in academic pursuits. In order to achieve success, enthusiasm and saving time are important.*

**Аннотация:** *В этой статье освещаются наиболее важные стратегии достижения баланса и успеха в академической деятельности. Для достижения успеха важны энтузиазм и экономия времени.*

**Annotatsiya:** *Ushbu maqolada akademik mashg'ulotlar uchun muvozanat yaratib olish va omadga erishishning eng muhim strategiyalari yoritib berilgan. Omadga erishishda jo'shqin ishtiyoq, vaqtni tejash muhim ahamiyat kasb etadi.*

**Key words:** *Balance, time, plan, academic training, opportunities, technologies, discipline*

**Ключевые слова:** *Баланс, время, план, академическая подготовка, возможности, технология, дисциплина.*

**Kirish so'zlar:** *Muvozanat, vaqt, reja, akademik mashg'ulotlar, imkoniyatlar, texnologiyalar, intizom*

Balance is vital thing in people's life. In also study process, students should manage their balance system about Extracurricular Activities and School.

Why is it important to balance academics and extracurricular activities?

Academic success: Students who participate in extracurricular activities learn valuable skills that will help them in their academic endeavors. Sports participation, for instance, can aid in the development of collaboration and discipline, while participating in clubs can help students develop leadership and communication skills.

Personal growth: Extracurricular activities can help students grow as individuals. They provide opportunities for students to explore their interests, meet new people, and learn new skills.

Lifelong benefits: The skills and experiences you gain from extracurricular activities can benefit you throughout your life. For example, teamwork and leadership skills can be helpful in the workplace, and communication skills can be helpful in all aspects of life.<sup>1</sup>

Only study, study, study is not beneficial or effective method. So taking breaks can improve Extracurricular Activities and Studies.

While getting an A on an exam is a great goal, don't overdo it. Too much studying especially for long periods of time is just as bad as too little. Study in segments of 45 minutes

to an hour with a break of five to ten minutes. Take time to stretch and recharge with snack. This helps you maintain concentration level and ensures maximum retention of material.<sup>2</sup>

Break down long-term goals into smaller, more manageable tasks: Breaking down long-term goals into smaller, more manageable tasks helps students balance school and extracurricular activities by providing them with a clear roadmap to success. By breaking down a long-term goal into smaller tasks, students can more easily plan out their time, allowing them to prioritize activities and manage their time more effectively. Additionally, this approach helps students stay on track and motivated as they complete each individual task, helping them stay focused and organized. Lastly, breaking down long-term goals into smaller tasks also helps to prevent burnout and overwhelm, as it allows students to take small steps towards their goal, rather than trying to tackle a large task all at once.

Use technology to manage your time and tasks: Utilize online tools and apps to help with scheduling and organization. For example, there are a variety of calendar apps that allow students to enter in school and extracurricular activities, helping them plan out their days and weeks.<sup>3</sup>

Technology is one of the most advanced helpers for mankind. One of the most effective ways to save people time and improve their work.

#### Set Goals and Prioritize

Not all goals are created equal. There are several things you can do to ensure that you successfully reach your goals, beginning with how your goals are formulated. For best success, make sure that all goals you set are SMART:

- Specific (simple, sensible, significant)
- Measurable (meaningful, motivating)
- Achievable (agreed, attainable)
- Relevant (reasonable, realistic and resourced, results-based)
- Time bound (time-based, time limited, time/cost limited, timely, time-sensitive)<sup>4</sup>

#### Manage your time effectively:

Time management is key when it comes to balancing extracurricular activities and academic demands. Set a schedule for your activities and stick to it. Use your planner or to-do list to prioritize your tasks and allocate your time accordingly. Make sure to schedule regular study sessions, but also leave some time for relaxation and self-care. It can be helpful to break down larger tasks into smaller, more manageable ones, and tackle them one at a time. This can help you avoid procrastination and stay on track.

#### Prioritize your academic demands:

Your academic responsibilities, such as attending classes, completing assignments, and studying for exams, should always come first. Before committing to any extracurricular activities, make sure you have a clear understanding of your academic requirements and set

your priorities accordingly. Plan your study schedule and stick to it. Use a planner or a to-do list<sup>11</sup> to keep track of your academic responsibilities and deadlines. By prioritizing your academic demands, you can ensure that you are devoting enough time and energy to your studies.<sup>5</sup>

#### Reflect and Adapt:

Regularly reflect on your academic and extracurricular pursuits to assess what's working well and what needs adjustment. Evaluate your goals, commitments, and overall satisfaction to ensure your chosen activities align with your interests and aspirations. Be open to adapting your approach as needed, making necessary changes to maintain balance and maximize your potential in both realms. 6

Activities outside of the classroom have long been a vital component of the educational process for students. Previously, their focus was mainly on customary programs such as school bands, debating clubs, and sports teams. Students have access to a vast array of engaging and creative activities, including digital media creation, robotics teams, coding clubs, and environmental conservation projects, even if many traditional activities are still available. With this modification, children now have more opportunities to discover their hobbies, gain the skills they need, and form bonds with their peers. It also represents the changing needs and interests of students in the contemporary period. Gaining knowledge about the development and balancing of extracurricular activities might help you better understand how students interact with their education.7

Here are a few more tips to consider to increase your motivation towards becoming a more successful student:

Set realistic goals

Set learning goals

See the value in the task

Have a positive attitude

Break down tasks

Monitor your progress

Monitor your learning

Create an interest in the task

Learn from your mistakes. 8

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