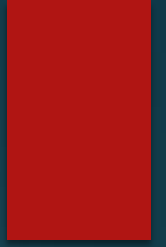
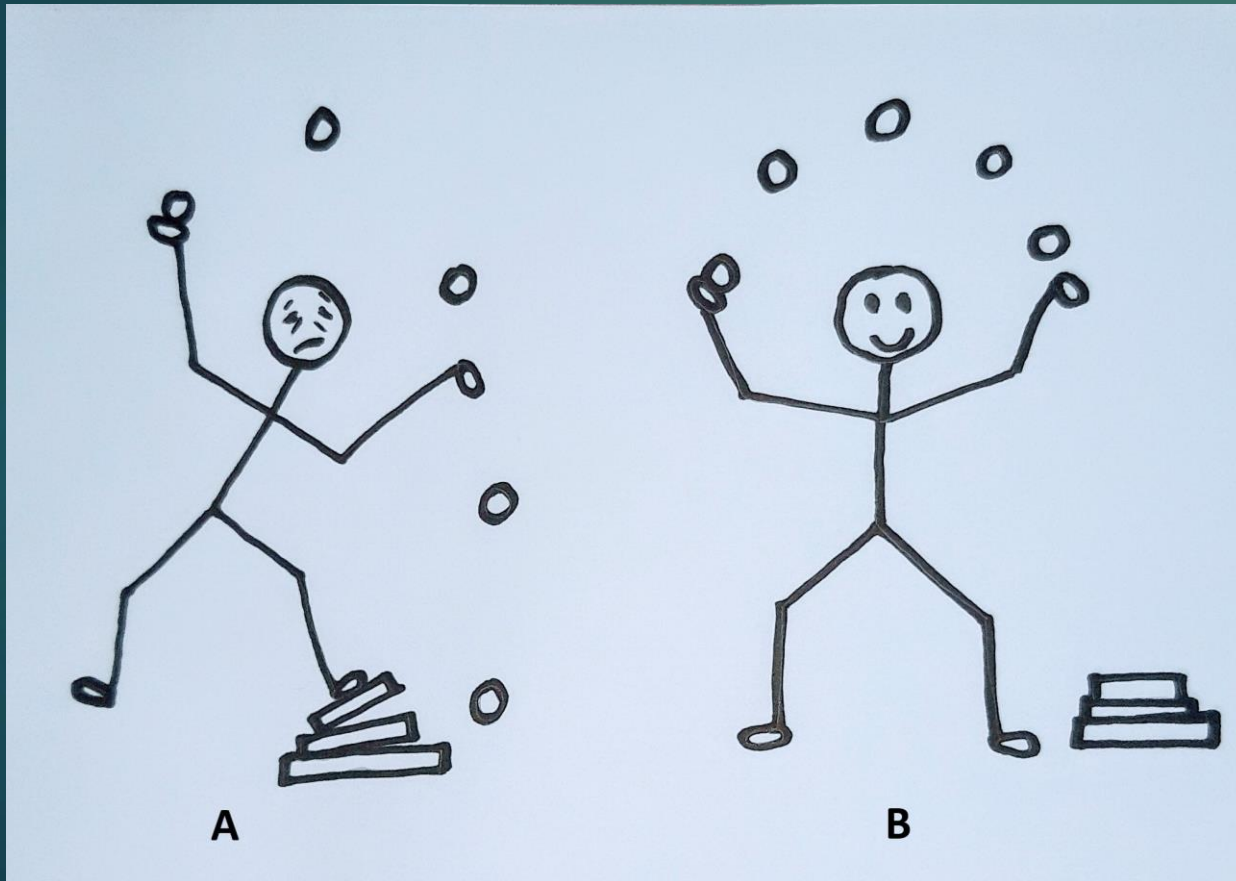


# Managing College and Family Life



# Managing Family Life and Study



# Aims

- ▶ Family Support
- ▶ Planning
- ▶ Family time
- ▶ Studying
- ▶ Guilt
- ▶ Do's and Don'ts



# Family Support

- ▶ Explain the reasons you are studying
- ▶ Highlight the benefits to the whole family; more money coming in, you being happier will impact on the family
- ▶ Ask about their concerns
- ▶ Express your needs
- ▶ Work together



# Planning

- ▶ Multitasking or one thing at a time.
- ▶ Plan ahead
- ▶ Prioritise
- ▶ Timetable
- ▶ Keep up to date
- ▶ Self-care



# Family Time

- ▶ Set aside time just for your family
- ▶ Make plans for quieter times
- ▶ Explain this is for a short while



# Studying

- ▶ Think about where and when you will study
- ▶ Do not disturb sign
- ▶ Short study times vs several hours of study



# Guilt

- ▶ Feelings of guilt
- ▶ Reasons for study
- ▶ Role model
- ▶ Your own happiness
- ▶ Talk to someone and ask for help if you need it.





# Do

- ▶ Plan ahead
- ▶ Be flexible
- ▶ Talk with family members
- ▶ Prioritise
- ▶ Ask for help



# Don't

- ▶ Try to do everything yourself
- ▶ Leave assignments until the last minute
- ▶ Feel guilty about putting your needs first
- ▶ Keep quiet



# Support

- ▶ Thank you for your time
- ▶ Additional support; Student Counselling Service
- ▶ Student Mental Health Helpline 0141 272 3786
- ▶ Student Advice 0141 272 3636
- ▶ Learning Inclusion [ELSAanniesland@glasgowclyde.ac.uk](mailto:ELSAanniesland@glasgowclyde.ac.uk)
- ▶ IT Helpline 0141 272 0633
- ▶ Togetherall

