

Balancing Time, Parenting, & Being a Student

Raise the Barr

**Access and Success/St. Catherine
University**

**The Student Parent HELPCenter/
University of MN-TC**



RAISE ^{THE} BARR

Presenters



Beth Hamer, LSW, Social Worker

Access and Success, St. Catherine University

22 years working with parenting students at St. Kate's offering support for academic success, financial stability, healthy families, well-being and leadership skill building. 30+ years working with families in foster care, adoption and higher education.



Seaira Payne, 2022, Bachelors of Nursing Student

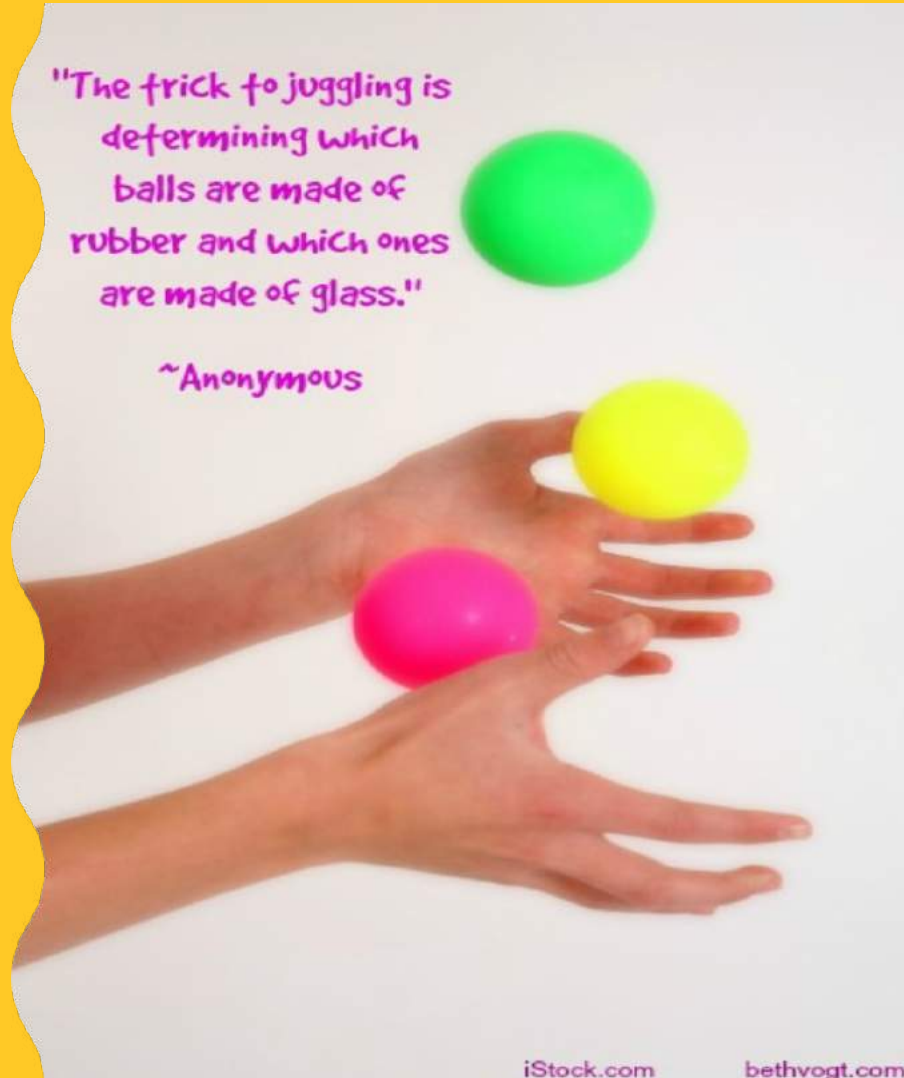
St. Catherine University

Seaira Payne, '22 is studying nursing and is a single mom completing her junior year at St. Catherine University. Seaira's beautiful 4-year-old daughter Aliyana has been a part of the college journey every step of the way. Seaira is extremely passionate about her academics and has created amazing support to help her reach her educational goals. Seaira is excited and proud to be a senior soon! She is ready to complete her degree and bring her knowledge, talents, and skills to her nursing career.

The Juggling Act

"The trick to juggling is
determining which
balls are made of
rubber and which ones
are made of glass."

~Anonymous



The Juggling Act

How confident are you about managing classes, parenting and other life responsibilities?

Please use Zoom reaction or type one word in chat.



Challenges Occur AND Graduation is Possible!

Time Poverty is Real (Wladis, et. Al 2018)

With knowledge, planning and a support system, you can complete a four year degree!



Shift Your Attitude

Banish Guilt! Your time in college is an investment in your family's future, as well as powerful role modeling for your children. IPWR Policy Brief April 2021.



Just Say "No" To Self Doubt. It is not unusual to feel like an imposter, but there has been no mistake ... you are capable and can do what you set out to do!

Determine Your Learning Style

Do you prefer learning online or in-person?



How do you prefer to take in information?

Auditory (listening)

Visual

Kinesthetic - doing

Organize, Coordinate, Prioritize!

Use a Planner

- **Paper Calendar**
- **Google Calendar**
- **24/7 Time Planning**



Color-code: family, classes, work...

- Include time for YOU each week

Strive for Block Scheduling of Classes

Plan for Short-term and Long-term

Self-Care is Essential

Prioritizing self-care will strengthen you as a parent, student, family and community member.



Organize, Coordinate, Prioritize!

Creating a Support System

- Child Care
- Intense Study Time
- Meals, laundry...
- Back-up People



Informal

Family
Friends
Mentors

Formal

Campus Resources
Counselor
Mentors

Who Could Support You?

Write down the names of people who:

- Are excited you are going to college
- Care about you and your child/ren
- Have been a role model
- Mentor you



Organize, Coordinate, Prioritize!

Delegate Tasks and Responsibilities

- Who is best at what you need help with?
- What do you need help with most?
- When do you need their help? Be specific.
- Trust others to do a good job.



Organize, Coordinate, Prioritize!

Make Lists

Go to Class

Determine your best time of day to study

- When children are asleep?
- When you do your best thinking?

Brightspace Pulse app



Organize, Coordinate, Prioritize!

Do Homework Daily – Say No to Cramming!



How much time should I study?

For every 1 hour of in-class time, plan to study 1.5-2 hours outside of class.

Example: 16 hours of in-class time/week, plan for 24-32 hours of week study time.

Organize, Coordinate, Prioritize!

- Where to study? (Post-covid)
 - Libraries offering story hour while you study.
 - Join the Y or another gym that offers free child care
 - Does your school have a child-friendly study room?
- FocusMe app or similar



Sleep is a Must!

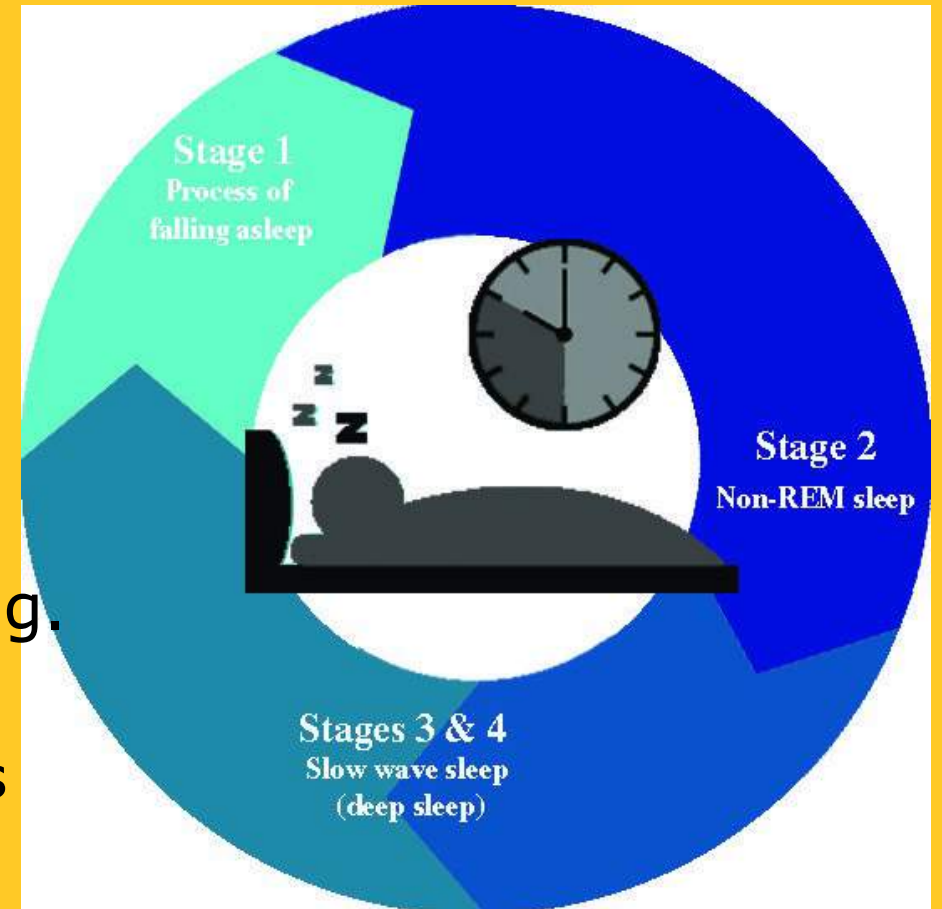
We sleep in [cycles](#).

Five cycles is optimal for most people.

Most cycles are 90-100 minutes long,
but can range from 80-120 minutes long.

Example:

5 Cycles at 100 minutes each = 8.33 hours



(Weis, D., 2016)

Sleep is a Must!



How much sleep keeps you at your best?

Let some things go - dishes, cleaning etc.

You don't have to get A's all the time.

Making Time for Family

- Set aside focused time for children
 - Bedtime routine
 - One meal together
 - Special activity once a week
- Set Big Goals/Rewards as a Family



Involve Family with School



Summary of Tips

- Banish Guilt! Your time in college is an investment in your family's future, as well as powerful role modeling for your children.
- Just say "No" to self doubt.
- Plan your schedule with your children in mind. Try to create a do-able balance between school and parenting.



Summary of Tips

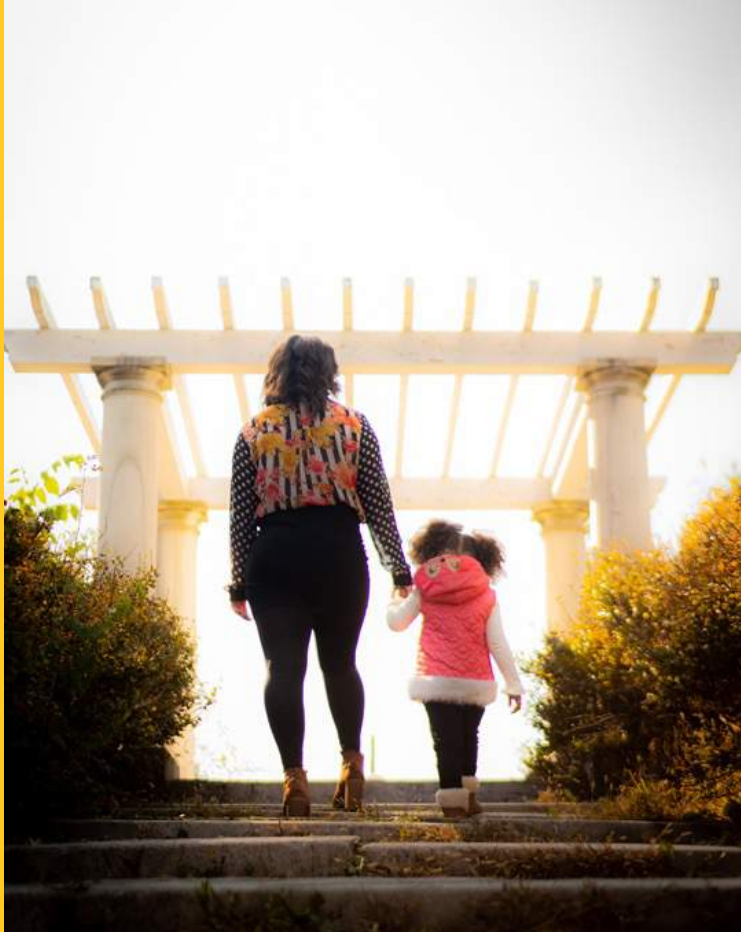
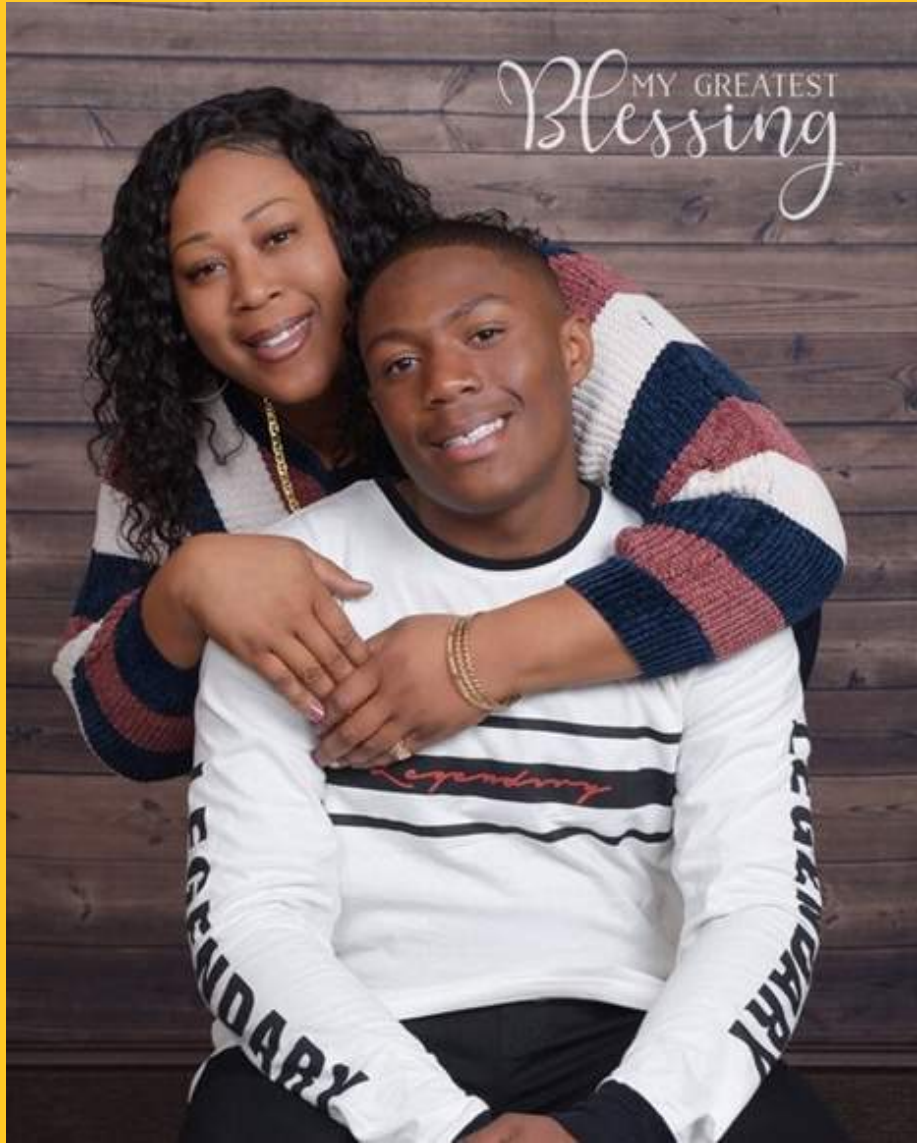
- Connect with other student parents at your school or online. You may be surprised to find out how helpful the support of other student parents can be.
- Prioritize! By the day and by the hour. The semester is deadline driven and time is your biggest challenge. Something may have to give and only you can decide what can wait and what can't.



Summary of Tips



- Get Your Sleep!
- Make Full Use of Campus Resources and Support Services. You are paying for student services whether you use them or not!
- Decompress. Leave yourself time to just be you; hold on to some things you do just for fun.
- Involve Your Children in Your Education. Bring your kids to the University to look around. Attend family-friendly campus events. Your kids will discover college can be a place of fun, not just a place that takes Mom or Dad away.



Q & A



RAISE ^{THE} BARR

**Social Capital with
Parenting Student
Panelists**



**Monday,
May 3rd
2pm CST/12pm
PST**

register now

[www.raisethebarr.org/transferseries.](http://www.raisethebarr.org/transferseries)