Balancing Life
Pursuing an Online MBA

WHILE PURSUING AN ONLINE MBA, ABOUT 76% OF GRADUATE STUDENTS WORK AT LEAST 30 HOURS A WEEK, AND THAT CAN MAKE LIFE FEEL OVERWHELMING. STAYING ORGANIZED AND PRACTICING SELF-CARE ARE JUST SOME OF THE WAYS YOU CAN PROMOTE A HEALTHY WORK/LIFE BALANCE. BELOW, WE'VE GATHERED SOME OF THE BEST TIPS OUT THERE FOR KEEPING YOUR EXCITING NEW SCHOOL LIFE UNDER CONTROL.

**Practice Self-Care**
- **Plan Your Study Time**: It's recommended you dedicate 12-15 hours per week to school work.
- **Take Breaks**: You'll make far less progress if you burn yourself out. Make time for exercise, hobbies and meditation.
- **Consider Mindfulness Practices**: Mindfulness practices like meditation can reduce anxiety and help declutter your mind.
- **Monitor How You Feel**: It's easy to forget how you're feeling. Assess where you are and adjust accordingly.

**Explore Your Resources and Communicate**
- **Talk to Your Employer**: Don't keep school a secret. Often, your employer can help by being more flexible.
- **Utilize School Services**: Check out what offerings your school has for current students and graduates.
- **Check Out the Career Center**: Plan ahead and look into what resources your school has for graduates.
- **Pick a Dedicated Work Space**: Keeping a consistent work space can help shift your brain into study mode.
- **Write a To-Do List with Goals in Mind**: Break down your more intimidating goals into smaller, more manageable ones. Creating a to-do list can help reinforce short-term memory.

**Build a Network of Support**
- **Lean on Friends and Family**: If you have close friends and family, don't overlook their support.
- **Talk to Classmates**: Your classmates will have a similar perspective. Go to them for ideas and advice.
- **Don't Forget About Pets**: Pets will always be there to cheer you on when you feel most overwhelmed.
- **Utilize School Services**: Check out what offerings your school has for current students and graduates.

**Find a Flexible Program**
- **Asynchronous & Online**: Complete your studies from anywhere on your own schedule.
- **Roughly 47% of students enrolled in college courses attend fully online.**
- **Transfer Credits**: Let your experience work for you. UD's Lerner MBA program accepts up to nine transfer credits.
- **Customization**: Focus on the skill sets that interest you most. UD's Lerner MBA offers six unique concentration options.
- **Duration & Full-Time vs Part-Time**: Choose the right workload. UD's online MBA program at the Alfred Lerner College of Business and Economics can be completed in as few as 16 months or you can take up to five years.

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2. Indeed. "The Benefits of Using Daily To-Do Lists to Attain Your Goals."

Taking short breaks will help facilitate learning.