

## TIME MANAGEMENT

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what people think about other appointments that they have, you know, outside of fun things, like going to the movies or going out for dinner? It can impact larger things like being late for appointments you have with your professors," Ortiz said.

Ortiz also said sometimes the busiest of students exhibit the best time management because they are always involved in something.

"It often helps time management to get involved in things that meet on a regular basis that you have to show up to outside of classes," Ortiz said.

Elizabeth Hunt, a 22-year-old senior biology and classics student, seems to prove Ortiz's statement true.

Hunt graduates in May with two degrees and works as a sales associate at Pet Supermarket and a development intern at the Asheville Art Museum. Hunt also acts as co-captain of the UNCA Equestrian Club.

On any given day, Hunt said she manages her time wisely to get everything done with limited spare time.

"Free time is not a thing," Hunt said. "You could always be doing something productive. Always."

Hunt said any extra minutes can be used to work on homework.

"You may not seem like you're getting a lot done, but it ends up helping a whole, whole lot," Hunt said.

On any given day Hunt said she works at her internship for two and a half hours before going to class, after which she has a free gap to work on homework. After that, she goes to class for another four hours before going home to do homework.

As co-captain of the Equestrian Club, Hunt said she has extra responsibilities to juggle with school and work. For example, the team recently competed in an IHSA show, meaning Hunt had to switch around her work schedule. This forced her to change when she did her homework. Instead of doing her homework on an afternoon prior to the competition, she had to work.

"Tuesday, 4 to 6, is usually when I do my Greek homework, because it's due Wednesday. Because I can't do it on Tuesday, I have to do it tonight," Hunt said.

As a senior, Hunt said her time management skills have changed a lot since freshman year.

"There's definitely a lot more to juggle. As a freshman, I didn't really have to worry about time management per se, because I didn't have anything to do," Hunt said.

During her freshman year of college, Hunt said she would spend

about four or five hours at night watching *Parks and Recreation* because she did not have anything else to do. She always focused on work before play, but that was the extent of her time management skills as a freshman. She has much more to do now.

"If I'm alone, I do work," Hunt said.

It may not be the healthiest of things to do, Hunt said, but it is how she functions. Unless her boyfriend gets her to take a break, Hunt said she works until she does not have more work to do.

"He's like, 'OK, is it due tomorrow? No? OK, let's do something else for a bit,'" Hunt said.

They may go see a movie, or take their dog for a walk, anything that lets her take a break and relax, Hunt said.

Her varying course load allows her to balance so much and get all of her work done. Hunt said it can range anywhere from art to science.

"I'll do Greek homework, and then I'll do science homework, and then I'll do creative writing homework," Hunt said. "It uses different parts of your brain, so, while you might be too tired to do one thing, you're not too tired to do another thing."

In addition, Hunt said prioritizing correctly is key to time management, which could be one reason

college students sometimes struggle with time management so much. She said she finds many people do not prioritize their obligations well. She said they play first, leaving an hour or so at the end of the day for their homework.

Hunt said things can go wrong. Cars breaks down and sometimes the assignment needs longer than an hour. If students do the work first, they do not have to worry about anything going wrong.

While Hunt herself focuses on work rather than play, she said she still realizes the importance of taking breaks.

"When you feel yourself getting burned out, do take a break," Hunt said. "Cause having a fresh brain is better than doing something poorly."

Despite this, Hunt said it was still important to not take breaks that were too long and for students to be aware of their schedule to make sure they properly manage their time.

"If you only have one hour free in your entire week to get something done, you have to get it done," Hunt said. "You have to know that is your only time to do it and do it. Even if the assignment's not due for three more days. If that is your only free time to do it, you have to do it then."

## UNCA STUDENTS IN INDIA

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genders.

"Whenever someone would come up to you to try to sell you something, they'd talk to the women. When the women said no, they just keep pestering and pestering them, trying to get them to buy this item," Cadawas said. "When they said the same thing to me, I just said, 'No.'"

Though it was not uncommon for the students to be approached by

people and families wanting to take selfies with the travelers, said she advised her female students not to engage in photo-ops with men due to the uncertainty of what the men might do with the photo.

Throughout visiting the country the students witnessed the level of piety the people possessed. They traveled to Varanasi, which is regarded as the holiest of the seven cities in Hinduism and Jainism. The Ganges River, one of the most sacred rivers in the Hindu religion,

flows through the city.

"We went really early in the morning for the first boat ride (on the Ganges)," Hovis said. "It was cool to see the people that were all there first thing in the morning and we're in our jackets and scarves shivering and then you see these people submerged in this river bathing."

Taylor said the trip to the world's second most populous country was not something that can be summarized in a simple fashion.

"Don't expect to go on a vacation when you go to India, but it's worthwhile, it's beautiful, it's ugly," Taylor said. "If you go with Dr. Kapur, it's awesome and you should probably go with someone who's from India, who's been to India, just to give you some insight because there's nuances to the culture that you wouldn't understand, you couldn't understand if you were a foreigner just stepping into India right off the bat."