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UWC Writing Group #4
ENC 1102

Prompt I:

Think about the past week or so: What kinds of routines have supported you feeling energetic, focused, and/or emotionally balanced? What made those routines possible? What activities help you to recharge? Where do you go to find rest?

Response:

This week, I have been extremely busy with school work and catching up on assignments because the week before, I had emergency surgery where I got my appendix removed, and it put me behind a week. Before that, I was still trying to figure out how to keep track of my assignments and tasks because this was my first time taking 6 classes (3 of which are online and require a disciplined schedule to stay on top of), so I was already a little behind. This week, I have been playing catch-up and, unfortunately, have had no free or rest time. I have been waking up, working, going to class, and going to bed. What I have found most helpful and even rewarding is that I found a task keeping app called "Things" and using that app, combined with my calendar, has enabled me to create tasks for everything I need to make up, set times to complete upcoming assignments, and keep track of my study time. Being able to see what I have to do and check things off as I finish them has really helped me go from exhausted and overworked to motivated to finish my tasks. I also now have set times in my calendar to go to the library to get my work done for each class each week (for the online classes that don't already have set class times). When I'm not playing catch-up, I like to hang out with friends, go to the beach, play video games, or go to fun places in Orlando during my downtime.

Prompt II:

If in the past week you found yourself feeling tired, overwhelmed, or stretched thin, what were some of the factors that contributed to that? This can include scheduling pressures, responsibilities beyond school, or any other stressors or factors that you'd like to mention. You might consider areas including rest, nourishment, physical activity, and daily routines, if these feel relevant to you. How do these or other elements shape your ability to learn, write, and participate in your courses? Can you think of any small changes or supports that might help you sustain your well-being and academic focus in the coming weeks? Are there spaces you can go to when you need to feel energized? Are there spaces or resources at UCF that you have found helpful?

Response:

This past week, I definitely felt overworked and stressed trying to catch up in six classes. Missing a full week threw off my schedule and put me even more behind. Since I was already behind in my three online classes due to poor time management, I felt extremely overwhelmed by the amount of assignments and coursework I had to do. Even though I'm physically better, I'm still not completely done catching up on coursework, and I haven't been able to work out, hang out with friends, play sports, or work (job) yet, which are normally helpful for maintaining a balance between school and personal life. My routine has basically been wake up, schoolwork,

class, more schoolwork, sleep, repeat, and while that has helped me make progress, it hasn't left much room for leisure. [time ended]