

Using your spare time wisely

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So, I finished my last lesson on Tuesday period 6 and then I went to my office to write last week's assembly, a belter I am sure you'll agree. I then started marking my Year 12 mock exams. Imagine doing your homework, but you have to do the same thing 33 times! That is what marking exams can be like. Not for me of course because I am a Geography teacher and I absolutely love it. I enjoyed gliding my way through the brilliant thoughts of some of the schools finest academics!

At the end of the day I then drove to Oxford to play squash and lost which did upset me but I had played poorly and deserved to lose. I then drove home and was met by my beautiful wife and a lovely dinner of spaghetti bolognese. Once finished we celebrated the meal with the usual high five before I continued with my mock exam marking. By about 8.30pm I could understand even less of the student's writing than I could in the first place and decided to stop exhausted.

I then had a bath, using some delightful lavender oils (guys can do that) and relaxed for a good half an hour before going to bed. Now this is a kind of standard routine for me at the moment. I try to ensure I have a little bit of exercise, make sure my work is done and try to have some quality time with my family. Now this does not often happen. Sometimes the work is too much and I sacrifice the exercise, or sometimes I sacrifice the quality time with my family. I strive to ensure that I have a balance but that does take careful management.

You may well have similar plates all being spun at the same time! You have homework to do, you have sports, drama or music commitments, you need to be able to spend time with your friends and you need to try and create quality time with your family. To fit all these activities in, does it leave much time for you? And when time is against you what is it that you sacrifice and how does that make you feel? You may want to drop the plates, but there is always people around who can help you spin them for a while. Don't be afraid to ask for help if you find that you're under too much pressure. School can be quite tough and believe it or not your teacher's want to help. This is, for everyone at school a very busy time of year and you need to be at your organised best.

However, the exams will be over before you know it and then you will have plenty of time. It's up to you how you use. I would encourage you to make the most of any spare moments you get. Ralph Waldo Emerson, an American poet said, "Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life."

Thanks for listening