



WORK-LIFE BALANCE ACTIVITY

In today's fast-paced world, achieving a healthy work-life balance is essential for personal well-being and professional growth. Striking this balance can help reduce stress, increase productivity, and improve overall quality of life. This activity is designed to encourage students in the mentor program to examine their current approach to balancing work and personal responsibilities, to reflect on areas where they may need improvement, and to create actionable goals for achieving a more balanced lifestyle. By taking time to recognize the importance of self-care and setting boundaries, students can work towards building sustainable habits that support both their career ambitions and personal lives.

Through guided reflection and open discussion with their mentors, students will gain valuable insights into what work-life balance means to them and explore strategies for maintaining it in the long term. This activity emphasizes goal-setting and practical planning, empowering students to take small, impactful steps toward a more fulfilling lifestyle. With mentorship support, participants will gain tools to navigate future challenges while prioritizing their well-being, ultimately setting a strong foundation for a healthy, balanced approach to work and life.

Work-Life Balance Activity

Take a moment to reflect on your current work-life balance and complete a self-assessment.

Reflect on Your Current Work-Life Balance

Answer the following questions:

- How do you define work-life balance?
- Are there times when you feel stressed or overwhelmed by your responsibilities?
- What aspects of your personal life do you prioritize? Is this reflected in your current lifestyle?

Self-Assessment Exercise

Complete a self-assessment exercise, rating the following areas on a scale of 1-5 (1 = needs improvement, 5 = very satisfied):

- Time for personal interests/hobbies
- Time with family and friends
- Professional responsibilities



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- Physical health (exercise, sleep, etc.)
- Mental well-being (stress management, mindfulness)

QUICK TIPS

Take a moment to review some quick tips for fostering work-life balance:

- **Set Clear Boundaries:** Decide when your workday ends and resist checking work communications after hours.
- **Practice Time Management:** Allocate dedicated time for work, exercise, hobbies, and relaxation.
- **Take Breaks:** Brief breaks throughout the day can improve focus and reduce stress.
- **Communicate Needs:** Talk openly with colleagues and supervisors about workload and balance needs.
- **Embrace “No” When Necessary:** Protect your personal time by knowing when to decline extra commitments.

WORK-LIFE BALANCE DISCUSSION

Discuss your reflections and assessment results with one another. Explore these prompts together:

- **Reflection on Current Balance:** Share your self-assessment scores. Discuss any surprises or areas where you scored lower than expected.
- **Barriers and Challenges:** What makes achieving balance difficult for you? Are there specific aspects of your job, studies, or personal life that create stress?
- **Goal Setting:** Based on your reflection, identify 1-2 specific goals for improving balance. Examples: “I want to finish my work by 6 pm each night,” or “I aim to spend more time on hobbies each week.”
- **Action Steps:** Work with your mentor to identify small, manageable steps toward achieving these goals. Examples: adjusting your daily schedule, setting a cut-off time for work, or finding activities that help you unwind.

DEBRIEF

After completing the discussion, both the student and mentor should answer the following questions:

- What other strategies do you utilize to practice work-life balance?



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- How did the activity impact your perspective on work-life balance?
- What goals did you identify, and how do you plan to achieve them?
- How can your mentor support you in maintaining work-life balance as you move forward?