

Chapter 1 : How to Balance Social Life and Academics : byu

A Social Life is a short film about a career driven woman named Meredith who's living the life she's always dreamed of Are you living the life that you post?

The entire society is moving faster and no one has the time to meditate whether the way we follow, is it actually the best solution. Are there other solutions? From a very young age we are taught that only by learning and working we may achieve what we want; anyway, nothing good comes with no endeavor. There the major role is played by the subjectivity of the individual. Few months ago, by reading this small introduction I would have, quite probable, left the page and asked myself what is wrong with Instant Shift, are they out of cool subjects, is it a place for psychologists or for designers? Fortunately, now I consider that these kind of posts are useful. The most usual effects were a perpetual state of nervousness and frustration that nothing was good, nothing was finished in time and everything was going bad. Yep, before becoming the best designer or the most talented coder it is required to solve a complicated equation: Somehow, it may be ignored and then simply you accentuate only a single term from this equation: Under these circumstances it is better to ask yourself, are you human or humanoid? You have a personal life, full of friends and parties but there is no bright future related to the career. Maybe now everything is cool but what will you make for a living in the future? Willing or not, each one of us must find the best report between work and family, between study and having fun, or between clients and friends. The preparation before starting the effective work is becoming longer and longer and in most cases, a constant self-preparation is required in order to survive. Many of us are too busy and in a hurry to notice but the study and preparation to become a good designer is taking longer and each year new skills are required by employers. From this perspective, the problem of the work vs. As the day is still 24 hours and we push to the limits the time for sleeping and eating the consequence is neglecting the family in order to become a better specialist. Only just one remark: This is the big picture of the conditions in which anyone must find the equilibrium. The persons who sacrifice their life only to work are called workaholics and their dependency must be treated similar to the ones related to alcohol or drugs. The economical crisis functions as catalyst that determined the expansion and somehow it is the explanation of the work dependency but there is another wrong idea. A designer may create a logo in few days while another can do the same job in just few hours, there is a matter about the efficiency and effective power of each one. The matter of efficiency is very often mentioned but, personally, I consider that many times is ignored. Please be careful, it is the main idea of the post and keep in mind: I said that efficiency is many times ignored because there are so many blogs and interesting posts about it or and tons of books and specialists, but people are still searching for the perfect recipe. Unfortunately, no matter the number of the tips or how detailed these are, without the active participation of the subject there is nothing to improve. Briefly, these really work but there is your participation that is determinant. Set a positive mood. The energy lost by thinking to the worst-case scenarios may be saved and kept for extra activities or for the project in work. Anyway, frustration is a dangerous entity and pessimism is the perfect soil for raising it. Test yourself and experiment new unconventional methods The main difference between someone who is really interested in being more efficient and someone that only dreams at efficiency is the fact that the first one takes action. A serious improvement of the effective power is the result of many attempts and tests hence the best approach is to take as many experiments as you can. Some people are more efficient when sleeping until mid-day, others prefer working very hard in the morning etc. Try to avoid boredom and monotony The worst enemies of efficiency are the boredom and monotony and, by all means, these must be avoided. These two simply block the inspiration and make the designer suffocate in his workroom, until complete breakdown is only a matter of time. The chances, even the most insignificant ones, may have subtle effects at the level of subconscious and activate the inspiration that, of course, aid to an improved efficiency. It seems foolish, but honestly, a new wallpaper sometimes impresses me and give a dose of energy, so much needed. Another very good tip in avoiding the monotony is a diversified schedule, working only on logos for more than a week would make anyone go crazy, while having a varied schedule, as redecorating a website, learning a new language but also

creating logos creates the premises of obtaining better results. Keep and love your deadlines Satisfaction is a great support for efficiency; it helps keeping the positive mood. A very good idea is to set yourself deadlines and checkpoints to determine your efficiency and the entire evolution of the carrier. The main problem is to create these deadlines in such a way to assure your evolution. The primordial scope in establishing your own deadlines is to set up some standards that once reached the subject becomes more efficient or more skilled. If you consider that watching any episode from your favorite serial is worthy then it is better to reconsider your carrier. A web designer that wants to get in touch with motion graphic should visit some blogs related and create himself a schedule that must contain some checkpoints. If someone considers a reasonable deadline to become a guru in Adobe InDesign is three days without having any contact before then he must be a genius or, more probable, a dreamer. Be realistic with yourself. As soon as you work without passion and just force yourself to stay in front of the PC, quite probable the results will be zero. In spite of this unwanted situation, personally, I prefer taking a break, enough to refill the energy and inspiration. Personally, I consider this fact weird but, there are people that are basing their professional life on the requirements of the clients and chiefs. Anyway, I consider that it is more efficient to ignore all negative reactions of the people near you and just follow your heart. It could be written in our nature to be lazy but being more efficient is a long time endeavor and nothing can be achieved in just few days. Only your constant endeavor may be a miracle! There are moments in the lifetime of everyone when a question becomes too evident not to scare yourself: In my personal perspective, being no. The perfect example that shows the idea behind the previous sentences is Steve Jobs rest in peace. He decided that no matter how rich he was or how nice it was to stay with your family it is more important to be creative and to bring new technologies. Clearly, he introduced new standards, unseen and maybe unimagined standards of management and creation but he simply abandoned his personal life. In the end I hope that this post will be helpful and please share with us your modalities of being more efficient, there is no wrong idea and everyone must test and test again to find something really useful for him. The comment form is for you so get in touch with us!

Chapter 2 : Social Media, Social Life: How Teens View Their Digital Lives | Common Sense Media

*Confused about what to text him? Just copy and paste any of these 9 texts - calendrierdelascience.com *** It's late Friday evening, your friends are calling to i.*

November 5, Copy by: Daryl Lindsey This week, an year-old Instagram celebrity from Australia blew up the internet. And yet, no matter how hard we tried, no matter how much we lamented the inauthenticity of our online selves, the curated and edited content just kept on coming. Sociality Barbie is also quitting instagram. Do you want the honest truth? I got bored using it, and I got bored fast. So did most everyone else, apparently, because the app never really made it off the ground. Most of the Instagram accounts I follow are curated, barring the ones that belong to a few close friends. I follow photographers, food bloggers, and fashionistas who all post gorgeous, interesting content that inspires my creative side or simply entertains me when I should be working. She is, essentially, a child. We now live in a world of instant sharing, and that world has created a culture in which all of our self-love comes from the affirmations of others instead of from somewhere within ourselves. Self-esteem starts inside and radiates outward, not the other way around. We can separate social media from our sense of self-worth. I thank her for reminding us that self-esteem starts inside and radiates outward, not the other way around. So what can we do about it? This, she says, is not about giving up social media forever, but giving yourself the time to figure out what makes you truly happy on your own, without the internet. We encourage you to take this challenge! Start paying attention to the moments you mindlessly open Instagram or Facebook. When you should be working or studying? Be more mindful of the time you spend habitually browsing. Turn off your social media notifications. This will keep you from wasting those minutes of social media scanning every time your phone buzzes. Remind yourself often that what you see online is not a standard by which you should grade your life. Do you feel like social media has affected your self esteem? What have you done to combat those feelings? Do you think giving up social media is the answer? Share your thoughts in the comments!

Chapter 3 : Social Life in the s by Josh Barrett on Prezi

Finding the Perfect Balance: Work vs. Social Life Posted in Articles May 29th, By Daniel Pintilie 7 Comments "We live to work or we work to live" is a very famous question and nowadays, it seems that this is actual.

Chapter 4 : 3 Ways to Have a Social Life - wikiHow

The social science that studies human society and social behavior. Social Sciences The disciplines that study human social behavior or institutions and functions of human society in a scientific manner.

Chapter 5 : Social Media Is Not Real Life, But That's Not the Problem - The Everygirl

Who needs a social life when you have Destiel? Nephilim AU pt. 1. 50 frogs in a trenchcoat. This is a very special AU, as it takes place in.

Chapter 6 : Social Life by Alex V on Amazon Music Unlimited

*Social life in Scotland (v.1): from early to recent times [Charles Rogers] on calendrierdelascience.com *FREE* shipping on qualifying offers. This book was digitized and reprinted from the collections of the University of California Libraries.*

Chapter 7 : Finding the Perfect Balance: Work vs. Social Life | InstantShift

Social Life. K likes. Your friends await you in the new virtual neighbourhood of Social Life! Design your dream house and

customise your avatar the.

Chapter 8 : Social Media, Social Life: Teens Reveal Their Experiences () | Common Sense Media

Social Life Essential Reads Understanding Social Life Human beings are social animals, and the tenor of our social life is one of the most important influences on our mental health.