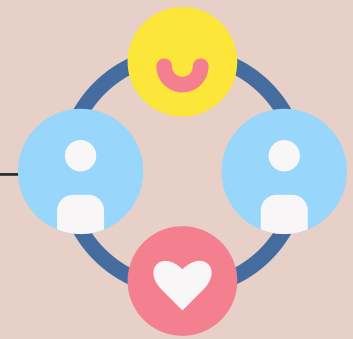
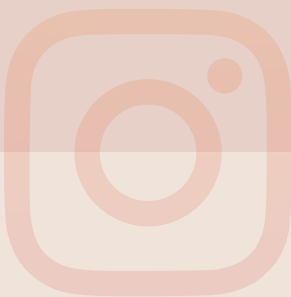


JUGGLING EXAMS AND ALGORITHM



In today's digital age, social media has become an integral part of our lives. From staying connected with friends and family to sharing our thoughts and experiences with a larger audience, social media has revolutionized the way we communicate and interact with each other. However, with the growing importance of social media, students often find themselves juggling between their academic responsibilities and their online presence.

Social media has emerged as a powerful tool for students to express themselves and connect with people around the world. With social media platforms like Instagram, Facebook, and Twitter, students can showcase their creativity, share their thoughts, and engage with like-minded individuals. Social media also offers a wealth of information and resources for students, from online courses and tutorials to news and current events. Many students also use social media to network and build their professional profiles, which can be crucial in today's job market.



However, with the constant notifications and distractions, social media can also be a significant source of stress for students.

According to a study by the Pew Research Center, 45% of teens feel overwhelmed by the amount of information they need to manage online. Social media can also lead to anxiety and negative self-image, as students compare themselves to their peers and feel pressure to present a perfect image online.

How can students strike a balance between their academic responsibilities and their online presence?

HERE ARE A FEW TIPS :

1. Set boundaries :

It's essential to establish clear boundaries between your academic work and your social media use. Set aside specific times of the day when you can check your social media accounts and avoid using them during your study time. It's also a good idea to turn off notifications on your phone or computer to minimize distractions.



2. Prioritize your time :

Make a schedule that allows you to prioritize your academic work while still allowing time for social media. Identify the most critical tasks you need to complete each day and allocate time for them first. Once you've completed your academic work, you can then use your free time to engage with social media.

3. Be mindful of your social media use :

It's easy to get sucked into the endless scroll of social media, so it's essential to be mindful of how much time you spend online. Set a time limit for your social media use each day, and stick to it. You can also use apps that track your screen time and remind you to take breaks.

4. Use social media to your advantage :

Instead of seeing social media as a distraction, try to use it to your advantage. Follow accounts that inspire and motivate you, and use social media to network and build your professional profile. You can also use social media to connect with classmates and collaborate on group projects.

5. Take breaks :

It's essential to take breaks throughout the day to recharge and refocus. Use your break time to check your social media accounts, catch up with friends, or engage in other leisure activities that help you relax and de-stress.

Social media has become an essential part of the lives of students, offering a wealth of opportunities and resources for personal and professional growth. However, it's important to strike a balance between your academic pursuits and your online presence. By setting clear boundaries, prioritizing your time, and being mindful of your social media use, you can make the most of both worlds and achieve success academically as well as online.

