

Teach Students The Balancing Act

(NAPSA)—For many of today's youth, life has become a constant juggling act. Balancing school, sports, community activities, part-time jobs and responsibilities at home is not an easy task. In fact, a recent survey indicates that 59 percent of 15 to 17-year-olds say they feel stressed every day.

However, balance is a skill that can be mastered if encouraged at a young age. That's why high schools focus on communicating the importance of becoming well-rounded in every aspect of a student's life. Educators partner with companies and organizations that reward students based on their overall package, rather than focusing solely on the more traditionally areas of academics or sports.

In fact, the Wendy's High School Heisman Award—where school administrators from high schools throughout the country are encouraged to nominate two seniors (one male, one female) whose experiences reflect excellence in academics, athletics and community service—has become popular throughout the country.

"In the first 11 years of our program, we've recognized more than 124,000 students," says Tom Mueller, president and chief executive officer of Wendy's. "Each year, we see a growing number of high schools choosing to use Wendy's High School Heisman to celebrate students who are able to manage multiple things at once."

So how do students achieve this



much-needed balance? According to Rose Rennekamp, vice president of communications for ACT Inc. (the company best known for its college entrance exam), developing time management and organizational skills is one of the first steps teens can take to achieve balance in their lives.

With this in mind, Wendy's High School Heisman and ACT have created a checklist of advice for parents and students on how to achieve a balanced life:

- **Master time management.** Are you a morning person? Schedule your classes, meetings and final reviews early. Better in the evenings? Set aside time after dinner to study, play sports or volunteer.

- **Get organized.** Whether it's a calendar, assignment book or a post-it, plan each day or week in advance so you're aware of the "todos" and can plan accordingly.

- **Select course work carefully.** A high grade-point average is important but college admissions officers also want to see advanced placement or honors

courses. Such classes prepare you for the college entrance exam and college-level course work, allowing you to spend time outside the library.

- **Think quality over quantity.** Be committed to the extracurricular activities you join. It's more impressive to be on the executive board of one or two organizations than to be a member of five.

- **Give back.** Community service has become an essential part of society. It demonstrates that you are an active and responsible citizen and allows you to gain exposure to different peoples, cultures and organizations in the community. Volunteering also helps hone networking skills.

- **Celebrate diversity.** Inquire about scholarships and awards through your principal or guidance counselor. Check free online scholarship services and apply for recognition programs that showcase your achievements. For more information on the Wendy's High School Heisman program or to nominate a student, log on to www.wendysheisman.com.

- **Learn the art of saying "no".** It's easy to get overwhelmed when you take on too much. Don't be afraid to turn down opportunities; it's all in the approach. Be aware of your obligations and your ratio of committed time vs. free time. If you overbook yourself, everyone loses.