

Opinion **MBA blog**

## The adrenaline rush

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A month has already gone by since the first term officially started. Moreover, for the majority of the class, it has already been two months since the big move to Hong Kong. I didn't even realise this much time had passed until this moment, figuring out what to blog about. But with all the MBA madness going on, is anyone really keeping track?

From the time that we began, we have been given countless opportunities to be involved in various leadership roles, responsibilities and activities. From student associations to clubs, from corporate social responsibility to external case competitions, from career-related undertakings to networking sessions, you name it, we have it. All of these are in addition to our day-to-day academic deliverables, such as lectures, readings, essays, and assignments. And on top of all that, of course, we also have our personal and social lives to manage.

Being the eager beavers that we are as "new" students, we want to try and join as much as we possibly can. I for one have been getting just about three or four hours of sleep per night on average since early August, trying to balance everything happening in my life, both MBA and non-MBA. Going to lectures and attending meetings, there were times that I received comments from my classmates, like "Hey there! You look... very tired.", which I know is just their sugarcoated way of saying that I look like a zombie!

Before coming to Hong Kong, I had actually been out of the university setting for almost five years. Naturally, I had forgotten how it is to be a student again. This defense was something I used for the first few weeks, but then I realised that life would only get busier and I could no longer rely on that excuse. I told myself that I needed to step up my game.

Prioritisation using the importance-urgency matrix became a big help in my time management. I am also a highly visual learner so I thought that if I needed to spend some extra time drawing up a diagram whenever I do work then so be it. In this way, I have been getting more things completed each day leaving enough time to go out for my personal endeavors. I must admit my sleeping hours have not improved at all, however, I am feeling optimistic that I will get better at this in time. Challenge accepted.

To wrap up, the whole point of this rambling is to share the one vital skill that an MBA practically forces upon students very early into the programme – time management. Throughout the programme, I think there will always be a ton of tasks to accomplish. It is indeed very hectic and stressful, but at the same time, I'm actually having fun with the

adrenaline rush. So whichever particular time management style floats your boat, you'll be fine just as long as you do it well – prioritise, prioritise, prioritise!

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