Can You Balance College and a Relationship?

By Oliva Cabaleiro

Most college students deal with academic pressure, but something we don't always talk about is the additional pressure that comes with dating in college. Some people might say you shouldn't be in a relationship while you're in school, but I think it depends on how you manage your time and communicate with the people around you. College workloads can already be stressful, and adding a relationship on top of classes, assignments, exams, and extracurricular activities can sometimes feel overwhelming. However, that doesn't mean you have to choose between your education and your relationship. Remember, you're not alone in trying to balance everything. Communicating with your partner about your schedule, upcoming assignments, and exams can help you plan when to hang out, go on dates, or simply spend time together. If both of you are in school, finding time for each other might be more difficult, especially when your schedules don't match. That's why planning and being understanding of each other's responsibilities is important. It's also important to remember that quality time doesn't always have to mean going on an expensive date or spending an entire day together. Studying together at the library, grabbing coffee between classes, taking a walk around campus, or watching a movie after finishing assignments can be simple ways to spend time together without falling behind in school. At the same time, don't forget to make time for yourself. Your education, friendships, hobbies, and personal well-being still matter when you're in a relationship. A healthy relationship should support your goals, not make you feel guilty for focusing on them. Being in college is already a learning experience, and being in a relationship can be part of that experience, too. You learn how to communicate, compromise, and understand another person while figuring out your own future. You don't necessarily have to put your love life on hold until graduation. With communication, patience, and good time management, you can work toward your academic goals while still making room for someone special.

