

## Balancing work and an evening MBA

Work, MBA studies and home pressures taking a toll on you? Prominent educationist [Sunil Karve](#) shows you how to strike a balance.

Going up the career ladder means you not only face pressures to perform at work but also neglect towards the home front. To top it, if you have opted for an evening MBA to complement your career growth, the pressures are doubled or should I say 'trebled'?

Staying late in office means you will miss your evening MBA classes. Attending evening MBA may mean you miss important appointments and meetings at office. A catch-22 situation - what should you do?

### Pointers that will change your life

- Give equal importance to your evening MBA
- Have your boss on your side
- Effective Time management is the key
- Form a support group in class
- Network with peers
- Practice stress management techniques
- Relate your classroom learnings to your immediate environment at work
- Develop a rapport with the faculty
- Some social commitments can wait

Use these simple pointers to change your life:

### **Give equal importance to your evening MBA**

Treat your evening MBA as a three-year project. Address every lecture as an important meeting, all assignments as deadline-based submissions and all examinations as appraisals. Tell yourself this often. This way you will miss fewer classes and treat your MBA equally important as your work.

### **Have your boss on your side**

You are an efficient employee; your boss needs you and will continue needing you. Explain to your boss the importance of the evening MBA in your career and life. Show how the programme will benefit the organisation. Request him to thus allocate assignments that will accommodate your time schedules. Most bosses are rational and reasonable and will therefore understand.

### **Effective Time management is the key**

Carefully plan your week ahead. Make place for contingencies like emergency meetings, sudden assignments. Begin by enlisting all the activities you plan to carry out in the week - personal, academic and professional. Prioritise each activity into urgent, important, unimportant and later. Allot time for each activity. Over time, this good habit will form a fruitful part of your life and outlook.

### **Form a support group in class**

Remember, most of those who study evening MBA are sailing in the same boat with you. They have similar pressures and thus they also seek support from fellow classmates. Form a group of like-minded individuals with whom you will share notes, discussion threads and chat rooms. This group will be an important resource whenever you miss classes.

### **Network with peers**

Most of your peers at college will be like-minded ambitious individuals who opt for an evening MBA to complement their career growth. Effective networking beyond the classroom will be mutually useful for building contacts in the corporate world. You never know when these contacts will be helpful in future.

### **Practice stress management techniques**

Clichéd as it sounds, stress management techniques like Pranayams, Kriyas, meditation etc. are extremely useful. Lot of executives praise the positive effects of these techniques. Others have gone on record saying that efficiency considerably improves which provided extra time to balance critical areas like work, studies and home properly.

### **Relate your classroom learnings to your immediate environment**

Try and relate all learnings in the MBA programme to your immediate work environment. Though every topic may not be relevant to your area of work, you may then relate it to another department in your office. In this way understanding of that topic will be much easier and will save lot of time.

### **Develop a rapport with the faculty**

Core and visiting faculty from B Schools are not mere academicians. Most of them have either been in the corporate world or are currently occupying positions of envy in their organisations. They are thus likely to possess excellent rapport and contacts. Being from the corporate world themselves, they will understand your pressures better. Develop a network with the faculty and be in touch with them over the email for guidance, query solving, discussions etc.

### **Social commitments can wait**

Unnecessary social commitments are a strict no-no. Cut down on the social commitments that can wait. There is always a tomorrow for some activities. For this you may have to take your family and loved ones - especially your spouse into confidence.

If effectively managed, an evening MBA will help you transcend many milestones of success in your career ladder.

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Prominent educationist, [Sunil Karve](#), Founder Trustee and Vice Chairman - MET League of Colleges has authored this article.