

Priming Students for Success through Energy Management: The Balancing Act

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ABSTRACT

University students are increasingly more involved as they juggle managing life away from family, making time for coursework, organizational commitments, and social engagements as well as, for many, holding full-time jobs. At a time when students' lives are more intense than ever, many are at a distinct disadvantage because of inadequate energy management. Unfortunately, 74 percent of today's employees are not maintaining optimal energy across physical, emotional, mental and spiritual dimensions, according to The Energy Project. This paper describes a method to prime students for enhanced energy management through self-awareness, self-analysis, reflection, intervention and plan for change.

Keywords: Business Education, Energy Audit, Student Success

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