Stay on track this semester with tips from a Freeman student-athlete

January 28, 2025



Anna Schädel is a second-year marketing major at the Freeman School who represents the Green Wave as a cross-country runner.

Start the spring 2025 semester off on the right track with tips from Freeman School student-athlete Anna Schädel.

Hailing from Gerlingen, Germany, Schädel is a second-year marketing major at the Freeman School who also represents the Green Wave as a cross-country runner. With a full courseload, twice-daily workouts and competitions that take her across the country, Schädel has come up with a plan for juggling her school commitments and athletic pursuits.

Below, check out Schädel’s tips for a successful spring semester.

1. Tackle your hardest task first.

Rather than procrastinating on her most difficult tasks, Schädel says she begins with them. “I pick the assignment that I like the least, and I work on that one first,” she explains. “That way, the assignments become easier as I go.”

Schädel says this approach helps better manage her work and allows her to make time for herself. “Try to get your work done early,” she advises. “As soon as you get the assignment, just do it and get it out of the way. If you get your work done, you may even have free time later.”



2. Use a planner—and color-code it.

Like most Freeman students, Schädel has a jam-packed semester. Her day starts with a 7 a.m. workout followed by classes, homework, and a final weight training session in the evening.

To stay on top of assignments and extracurriculars, Schädel recommends Freeman students use an online calendar to manage their time. “I have a paper planner, but I also like using the Google Calendar,” she says. “You can color-code it and pick different colors for different tasks.” Schädel uses the color-coding feature to organize her to-do list and get a sense of how much time she’ll dedicate to homework and training each day.

3. Take a siesta.

Though it may seem counterproductive, taking breaks can help you reset and improve your performance. When she needs some downtime, Schädel takes a nap, a habit she picked up from her roommate. “I have a Spanish roommate, and she’s really serious about siestas,” Schädel laughs. “Now I’m a big nap fan.”

Schädel says that even a quick, 30-minute nap helps her feel rejuvenated and ready to take on the next part of the day, whether that’s fitness conditioning or collaborating on a group project.

4. Use Freeman’s resources.

Schädel recommends taking advantage of tutoring resources on campus. Many Freeman classes have a **Supplemental Instruction** (SI) option that Schädel finds helpful. Led by student-tutors who have performed well in their courses, these study sessions give current students the chance to ask questions about coursework, practice solving problems and compare notes for upcoming tests. “I went to the micro-economic sessions. They go through the material step-by-step and do practice exams,” Schädel says. “It’s so helpful.”

Freeman professors can also be an excellent resource. “At first I was always scared of professors, but if you actually communicate with them and you’re honest about your situation, they’re often nice about it.” Schädel says that in her experience, professors are often willing to grant deadline extensions to students who ask for help in advance. “Last semester, I couldn’t complete a project because I was traveling so much for cross-country meets,” Schädel says, “But my professor was really nice and worked with me.”

5. Lean on your friends.

For Schädel, one of the best parts of being a student-athlete is the friends she’s made through her sport. “The team is the best. We have a great team,” she says.

Her teammates understand the challenges of balancing school and athletics, and they’re her go-to support system. “They’re some of my best friends,” Schädel says. With the support of her team, Schädel is poised to excel this semester, both on the track and in her Freeman classes.