

Time management

Imani brown

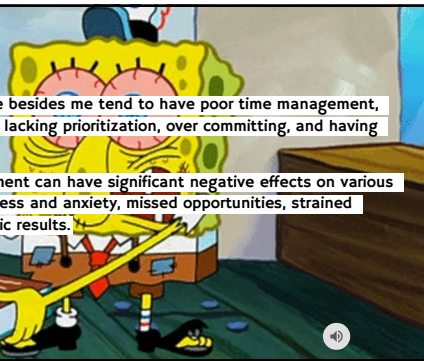


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EFFECTS

I've noticed a lot of people besides me tend to have poor time management, constantly procrastinating, lacking prioritization, over committing, and having constant interruptions

Having poor time management can have significant negative effects on various aspects of your life like stress and anxiety, missed opportunities, strained relations and poor academic results.



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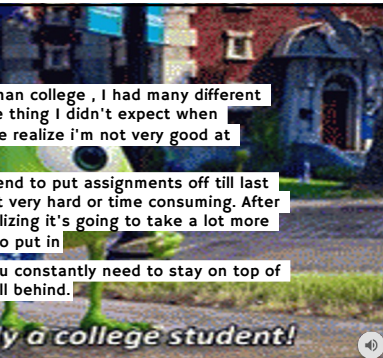
STARTING COLLEGE

I'm Imani a freshmen at lehman college , I had many different expectations for college. One thing I didn't expect when starting college is it made me realize i'm not very good at managing my time.

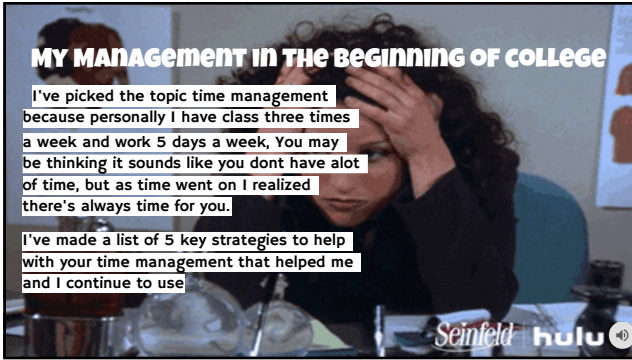
When I was in highschool I tend to put assignments off till last minute because they weren't very hard or time consuming. After starting college I started realizing it's going to take a lot more time and effort then I used to put in

The way college is set up, you constantly need to stay on top of your assignments or you'll fall behind.

I'm officially a college student!



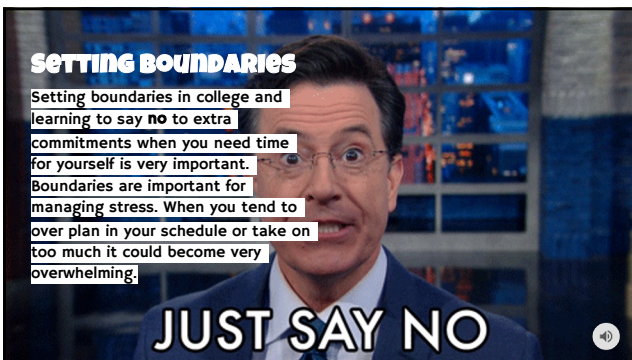
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ELIMINATE DISTRACTIONS

In the beginning of college I would tend to get distracted a lot when it came to time to study or do my assignments. It's important to stay focused and not multitask when doing assignment. Its best to find a quiet area and shut your phone off when wanting to focus. Having concentration will greatly improve the quality of your work.

**NO!
NO MORE DISTRACTIONS!**

7

SOCIALIZE SMARTLY

In college it's important to spend quality time with friends and enjoy the social activities you love to do. Having friends with the same interest as you in great because youll have a friend to study with or stay on top of each other with assignments. Being in college doesnt mean theres no time for friends it's just important to know when your assignments need more attention.

8

SEEK SUPPORT

Lastly **DO NOT** hesitate to reach out to college resources. College resources are there to help you when your struggling. People are there to tutor you, mentor you, and speak to you about academic and mental support. In college there is always someone to help so utilizing the resources given to you is important

9

RESOURCES

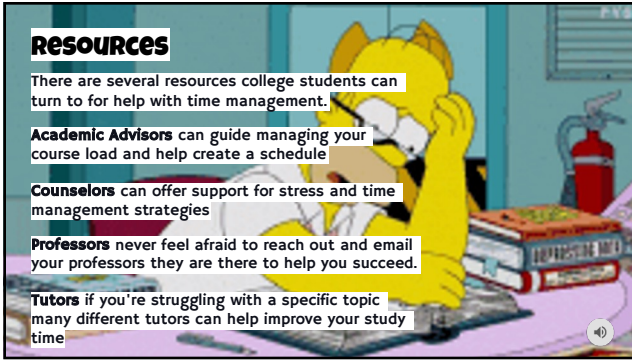
There are several resources college students can turn to for help with time management.

Academic Advisors can guide managing your course load and help create a schedule

Counselors can offer support for stress and time management strategies

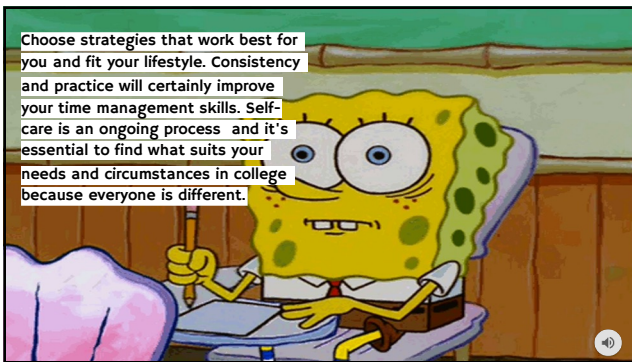
Professors never feel afraid to reach out and email your professors they are there to help you succeed.

Tutors if you're struggling with a specific topic many different tutors can help improve your study time



10

Choose strategies that work best for you and fit your lifestyle. Consistency and practice will certainly improve your time management skills. Self-care is an ongoing process and it's essential to find what suits your needs and circumstances in college because everyone is different.



11

Goodbye!



12
