

Time Management is Life Management

Students are often surprised by how challenging an academic lifestyle can be. University students are required to:

- ❖ think at higher levels
- ❖ process and internalize more in less time
- ❖ work in high-pressure situations
- ❖ work with meticulous professors with high expectations and low patience levels
- ❖ resist a wide range of distractions.

This occurs when they have:

- ❖ less structure
- ❖ no supervisor to balance out the work load
- ❖ many people who want their time
- ❖ to work to supplement the cost of their education
- ❖ studying and learning demands.

To be successful, you must create your own structure and develop your own systems of organization. If you try to drift through the university without good time and academic processes rather than managing your academic, work and social life, other things will seem to manage you.

You are unique. The CLASS website has a number of different strategies and suggestions for developing your study plan, keeping yourself on-track, and monitoring your progress. Find the right one for you and create a plan that will work for you.

Either you run the day or the day runs you.

Jim Rohn, Business Author

Most people who are making really good use of their time and their lives have made deliberate choices and implemented strategies that assist them in achieving their goals. You can do the same.