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Society lives in a hurry, in a mode of an endless set of speeds: in work, production, in social and communication processes. People are under constant pressure from stress, which only exacerbates the rush. Along with this, people are prone to many distractions that interfere with sometimes the most important tasks.

As a student, at this stage in your life, you are your own boss. The more you progress in your studies, then further your skill to learn on your own matters, that means you need to know how to manage your time. Developing good study habits means you will progress your ability to balance work, rest. You are constantly overcoming procrastination, while at the same time you have strategies to help you overcome perfectionism.

You are more productive at work with right time management. You save more time by being able to make better decisions, especially about what to say "yes" to. Time management makes your attention focuses on the primary tasks; you are not distracted by unimportant details that helps to do your job efficiently and learning to better allocate the right amount of time to something or someone. Prioritize activities and tasks accordingly. Learn to rank them and develop self-discipline. It is better to put the hardest and most repulsive activity ahead of everyone else. If you constantly endure it, you can build up excessive emotional stress and reduce performance.

Indeed, if you have never been involved in planning, it can be difficult to get started - it seems that there is no time or energy for it. On practice, even a pre-compiled shopping list can save a lot of resources and greatly affect the result of performing such a seemingly simple and understandable task as going to the grocery store. Whether your day is full of demands or you have a watch to choose how to use, how you manage your time will control how you feel about it.