

# Time Management Problem Statement

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## **Problem statement:**

Many students have time management issues and use apps to help but they are not efficient enough.

## **Who is experiencing the problem?**

Students in an academic setting most likely in the ranges of highschool and college. Struggling with keeping a healthy work life balance, balancing social life and academic life and maybe even other activities.

## **What is the problem?**

Students are struggling to keep up with academic tasks or social activities because of time management issues and most apps are not very efficient when tackling this problem.

## **Where does the problem present itself?**

Mostly in academic environments and daily routines of students. Trying to upkeep the academic workload while trying to keep time for themselves or other activities whether it be extracurriculars and social. This could be during study sessions, homework sessions, school hours, even when doing personal activities.

## **Why does it matter?**

Having bad time management as a student can cause stress, overworking or burnout, it can also cause bad academic performance and tight schedules. These factors can lead to a very unhealthy lifestyle for the student. Improving the ability to manage the time of a student can lead to an improved productive lifestyle, enhance success academically and socially, as well as keeping mental health at a positive.