Problem Statement:

Lots of students struggle with Time-Management and I especially lack the ability to manage time. To remedy this, I will be tracking my times and cutting out wasted time to reduce my Time-management stress.

Since most of the stress applied to a student is from their own time management, I wish to reduce this stress by managing my time, and this is going to allow me to make an assignment out of time management and get it together. Now I am hoping that this not only decreases my stress but increases my performance in school, by allowing me to have more time to study, and creating a healthy mindset that allows me to perform better on tests and perform better in grades. The reduction of stress also makes my and many others mental health much better as stress can create many issues that can lead to a lack of self confidence and a lack of hope or in better terms, a lack of accomplishment and increase in doubt. All of which can be caused by stress that can be solved by managing time. So, in an effort to manage time by making it an assignment my mindset will focus on managing time and make it possible for me to reduce my stress.