

Smart Time, Better Results: A Student Time Management Solution



Elective: 21st Century IT Skills

Janelle Ivy Kriszha B. Estabillo

AB Interdisciplinary Studies Minor in Media and Technology 3A

January 23, 2026

Introduction

Time management is a common real-world problem that many students face. With schoolwork, activities, and digital distractions, students often struggle to manage their time correctly. This problem is relevant because poor time management can affect academic performance, stress levels, and overall well-being. Students are the main group affected, especially those who handle multiple subjects and responsibilities.

Problem Description

Many students delay submitting assignments on time because of procrastination, which is the intentional delay of starting or finishing tasks. In online learning environments, this can be worse because students often feel isolated and less connected to their instructors, which makes it harder to stay on schedule (Santelli et al., 2020).

The study by Santelli et al. (2020) found that both students and faculty view late submissions as a common issue, and there is mixed opinion about how strict or lenient late policies should be. Some students believe grace and flexibility help them manage busy schedules, while others think stricter deadlines encourage timely submissions. However, when expectations are unclear or students underestimate how much time tasks take, procrastination becomes more likely.

The research also shows that differences in perceptions between students and teachers about late policies can make it harder to create fair rules. A limitation is that not all students surveyed had actually submitted late, which may affect how well the findings reflect everyone's experience.

Proposed Solution

The proposed solution is a student-friendly digital time management app designed to help students plan and track their daily tasks.

Features List:

- Task and deadline tracker.
- Daily and weekly planner.
- Reminder notifications.

- Time tracking for study and break periods.

Target Users:

- High school students.
- College students.

Expected Impact:

- The app will help students become more organized, reduce stress, improve focus, and develop better study habits.

Conclusion

Poor time management can negatively affect students' academic performance and well-being. A simple digital solution can help students plan better and use their time wisely. By using this app, students can stay organized, manage stress, and achieve better results in school.

References

Santelli, B., Robertson, S. N., Larson, E. K., & Humphrey, S. (2020). Procrastination and delayed assignment Submissions: Student and faculty perceptions of late point policy and grace. *Online Learning*, 24(3). <https://doi.org/10.24059/olj.v24i3.2302>