Self-Learning Assessment:

Stage 2: Analytical Depth and Design Thinking (Video Creation)

Video Topic: Time Management for Students: A Key Skill for a Balanced Life

Learning Description (250–300 words):
*For Stage 2 of the Skill for a Balanced Life course, I decided to explore **time management** as my self-learning topic. It is something every student deals with, yet very few master. I wanted to look beyond the basic idea of scheduling and truly understand why students struggle to manage their time effectively and how we can design a practical system to improve it.*
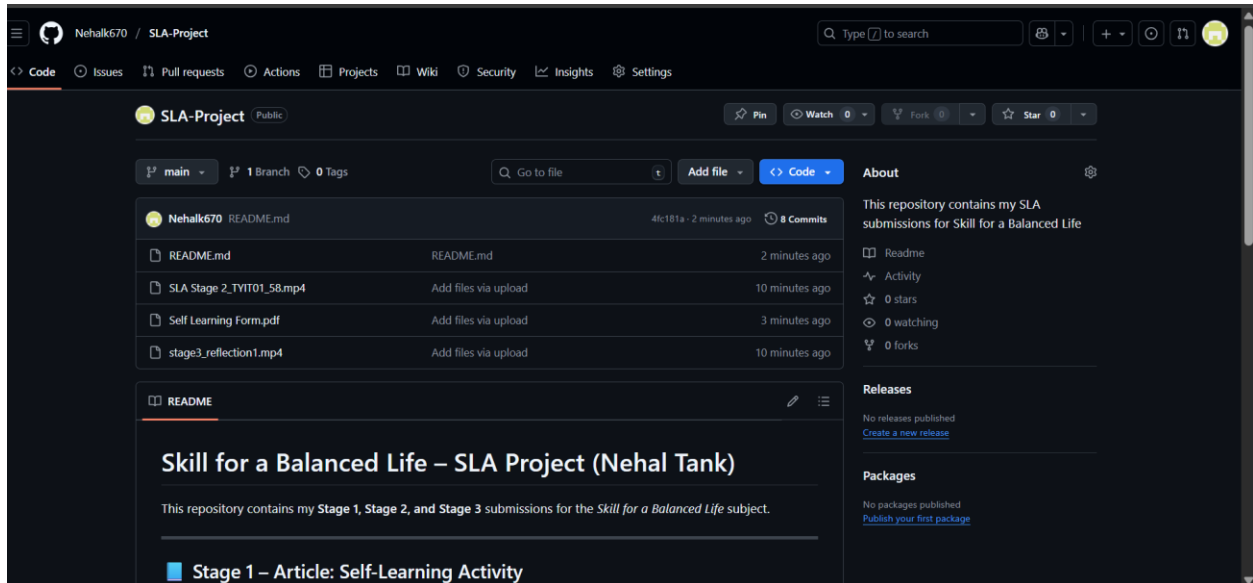
*To begin, I reviewed several resources such as articles, productivity blogs, and short talks that explained student routines and focus habits. From this research, I noticed common reasons for poor time management mainly distractions, procrastination, and the absence of a clear structure. I then applied the **Design Thinking methodology** to create a human-centered solution. The process included understanding student needs (empathize), identifying the main problem (define), brainstorming methods to solve it (ideate), building a working model (prototype), and testing its usefulness (test).*

*As part of this, I created a **Student Time Planner Framework** that divides the day into four balanced segments: study, productive work, relaxation, and reflection. I designed my visuals in **PowerPoint**, recorded the video using my phone, and presented the content with clear explanations and practical examples.*

This stage helped me strengthen multiple skills from content organization and communication to creative design and self-discipline. Most importantly, it showed me how analytical reasoning and design thinking can turn a common problem into an actionable, real-world solution.

Evidence of Completion:

· Video Link: https://github.com/Nehalk670/SLA-Project

· Screenshot (insert below):

1. Report must be submitted in Word/PDF format.
2. All written content should be original; it will be checked on Turnitin.
3. Screenshots, links, and certificates should be clearly inserted.
4. Word count guideline: 1200–1500 words (excluding screenshots/certificates).