



# Self-Learning Assessment Report (MOOC)

---

## Student Information

- **Name:** Nehal Suresh Tank
  - **Roll No.:** TYIT\_158
  - **Branch / Semester:** Information Technology – 5th semester
  - **Email ID:** [nehal.tank24@sakec.ac.in](mailto:nehal.tank24@sakec.ac.in)
  - **LinkedIn Profile Link:** <https://www.linkedin.com/pulse/time-management-students-key-skill-balanced-life-nehal-tank-j1b9f>
- 

## Stage 1: Activity 1 – Article Writing

**Chosen Topic:** Self-Learning as a Path to a Balanced Life

### Article Summary (300–400 words):

The article, Time Management for Students: A Key Skill for a Balanced Life, explores the importance of effectively managing time as a fundamental life skill for students.

It emphasizes that time, unlike other resources, is limited and irreplaceable, making its proper utilization essential for academic success and personal wellbeing.

The article begins by discussing why time management matters, highlighting how poor management often leads to procrastination, stress, and burnout, while effective time management results in productivity, reduced stress, and improved balance.

It then identifies common challenges such as procrastination, poor prioritization, multitasking, lack of planning, and digital distractions, which many students face in their daily routines.

To address these challenges, the article presents practical strategies like setting SMART goals, using the Eisenhower Matrix for prioritization, creating structured routines, applying the Pomodoro Technique, and limiting digital distractions.

It also stresses the importance of balancing study with rest, emphasizing that sleep, physical activity, and relaxation are as crucial as hard work.

The benefits outlined include reduced stress levels, higher productivity, better academic performance, personal growth, and the development of long-term work–life balance.

A real-life application example is provided to demonstrate how structured time management helps students balance exam preparation and project work without exhaustion.

In conclusion, the article asserts that time management is not about cramming tasks into a busy schedule but about making meaningful choices that align with personal and academic priorities.

By mastering this skill, students can not only achieve academic success but also build a foundation for a healthier, more balanced life.



Mahavir Education Trust's  
**Shah & Anchor Kutchhi Engineering College**  
An Autonomous Institute Affiliated to University of Mumbai

**Evidence of Completion:**

- **Article Link:**
- <https://www.linkedin.com/pulse/time-management-students-key-skill-balanced-life-nehal-tank-j1b9f>
- **Screenshot:** *(Paste below)*

