

Interviews

Interview college students who are struggling with time management

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Interview college freshman

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Interview college graduates and ask if the struggled with time management and how they overcame it

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Interview college students in general

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Ideas

Use a calendar or planner to put in dates and times for assignments and classes

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Create to-do lists for things that are do due soon and important

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Try to avoid doing more than one task at a time

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Dedicate certain times for things like studying, exercise, breaks, classes, etc.

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Ideas part 2

Try to set goals that can be achieved soon or later down the line.

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Try to stay away from distractions to maintain focus.

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Create a routine to follow

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Set alarms or timers for when to start an assignment and how much time to spend on that assignment

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