

Group 15

The article "Chapter 3: Vienna Waits for You" discusses about the detrimental effects of the "Spanish Theory" management style. This theory prioritizes extracting maximum output from workers regardless of the impact it has on their personal lives. The author contrasts this approach by taking the idea that true productivity should focus more on achieving meaningful outcomes for both parties sustainably.

Perspectives on Time Pressure and Coping Mechanisms

There are two perspectives that we can see clearly on time pressure. On the one hand, time pressure have positive effects on output. Some individuals work more efficiently under time pressure because they viewing it as a challenge that motivates them to perform at their best. They might see time pressure as an opportunity to make quick decisions resulting to their effectiveness. The way to cope under pressure can be done by setting clear goals, tight deadlines with breaks, and breaking tasks into manageable parts. By implementing these strategies, individuals can perform better since they know the direction that needs to be done one step at a time with intense work and breaks in the meantime. However, the coping mechanisms must be done with a positive attitude in order for them to excel under time pressure. On the other hand, others view time pressure as stressful and might be overwhelming for them, resulting in anxiety, unproductivi, and bad quality of outputs. They tend to struggle to meet deadlines, leading to burnout. Coping mechanisms can be done by having tidy time management and task prioritization. Moreover, delegating tasks can also be beneficial in relieving stress due to time pressure. By implementing these strategies with a mindfulness mindset, and seeking support from colleagues or supervisors, it can release stress due to time pressure.

Insights and Recommendations Regarding Time Management within the Group

Cappi: I think that the article reflects a lot of my own personal life experiences as a university student. As the article has mentioned, if we pressure someone and exert them to the point of overworking, one might find that they tend to shift their mindset from thinking "I should do my best to finish this project" to "I should finish this project as fast as I can", leading to an overall quality decline with the finished product. While some might think that this can improve productivity, I choose to argue otherwise. In my opinion, the best way to tackle project management, especially within tight deadlines, is to incorporate teamwork, periodically helping and collaborating with fellow team members to avoid overworking.

Grayson: “Vienna Waits for You” talks about how working too much overtime is not a good idea. Personally, I mostly agree with the writer’s idea that “People under time pressure don’t work better”. I also feel that sticking to a normal schedule daily might always be the best option since workers are not under any pressure because of the upcoming deadline. Some workers might also work a lot of extra hours within the last few days without being asked to, but in reality, this can lead to the feeling of burning out, pressured, unhappy, because they could have missed out on the other important things in their life. This chapter specifically criticizes companies that force their workers to work more, asking for longer working hours. This could definitely make the work process less enjoyable and can make good workers want to leave easily. All in all, making people work more during a certain period doesn’t mean better work could get done. Moreover, it suggests that companies should be focused on quality instead of just chasing quantity.

Gaby: The writer perfectly depicts the conundrum that is, “Should overworking be prioritized, though potentially risking product quality?” That being said, I think that uncompensated overtime is not worth compromising the finished product’s quality. The demand for overworking within tight deadlines, especially through pressure can cause the work to feel less enjoyable and less interesting, making one lose one’s motivation.

Tuguldur: In the article was "Spanish Theory of value in management" which created a negative influence on worker health and work quality that ended up being bad. I propose a dual strategy: rather than emphasizing work-life balance and a culture that defines productivity as hours, instead we want to focus on output. The deadline of the tasks should be adjusting to the skill of the group for better results. Making work stress free factor is not only putting the workload aside but rather also taking care of the psychological well-being of the staff. Moreover, on the basis of that point being regularly and often ignored, a specific turnover component is highlighted for business success long-term. Bringing down the turnover rates through practicing approaches like facilitating work flexibility, providing professional development and designing effective communication for making the environment collaborative is essential.

Jason: The article mostly talk about the “Spanish Theory of Value”, focusing on extracting more from people rather than creating value through technology. I would say this approach is quite the modern scenario. Often overtime are caused by brainless deadlines. Pressuring people under time

constraints doesn't lead to better work, but rather faster work, and usually object to a minimum quality result.

If I were to give an advice, every member on the team should be given more leisure to handle their personal lives. To meet with the time schedule, while still managing work life balance, this kind of behavior can be fixed by partitioning the workload from the start of a task/project. Dividing your time spent throughout a project proves to be a better approach. Finishing a task one day before or maybe even one night before has never been a well-received experience, as the expense of quality is more expensive than the time spent.

Samuel: When discussing time management in a group, I think it's important to recognize the benefits of working under time pressure, as it can make us focus leading to minimizing procrastination tendencies. However, we also need to remember that balance between work and leisure activities is also important. That's why when working in a group, task prioritization, a clear task assignment, and a neat schedule are crucial. This strategy must be done with a mindset of giving 100% effort whether working or enjoying leisure time to have maximum productivity.

Personal Experiences or Observations

Cappi: As someone who has experienced both being rushed in a project and rushing someone for a project, I can give two different perspectives on the subject. The fact of the matter is that pressuring someone to work faster, especially within a deadline is not entirely wrong. However, I personally find that the finished product of a project that is done within tight time constraints is not usually up to par, at least in quality. On the other hand, as someone who has been pressured to work under tight deadlines, I tend to find myself working towards finishing said project instead of perfecting it to the best of my abilities. The pressure of working under tension hinders oneself from using their full potential, rather rushing them into finishing it as fast as they can with no concern for quality control.

Grayson: Based on my personal experience, I have encountered a lot of things related to time management. I often felt a little bit lazy to work on an assignment when the deadline is still not there yet. But when the deadline comes near, I often rush myself and force myself to do it all quickly. It is true that all things are done within the deadline, but one thing that I notice as I do it over and over again is that I cannot give my best as an outcome. My overall capability of doing something is somehow restricted by a time limit, moreover under a pressure, that could lead to not having the best result. Of course, by setting aside time, my time management needs to be

good, so I need to start doing assignments earlier. This kind of mindset also needs to be implemented on the workfield as well. I think the best possible scenario of doing things is having enough time, doing it seriously, and also enjoying the process within.

Gaby: Taking into account my personal experience, I often feel the need to overwork myself to the point of exhaustion, with no other thought in my mind other than having to finish my work. At this point, I have no regard for product quality nor my own “Vienna”—that is, my personal life outside of work. This mindset proves to be dangerous as I would feel dissatisfied that I had to sacrifice so much time and effort for a product that I’m not even happy with. By prioritizing my well-being, and creating realistic timelines, I find significant improvement in product quality and overall better work-life balance.

Tuguldur: Drawing on personal experiences as a computer science student who has oftentimes been overwhelmed by fatigue, I explore relevant time management techniques that can improve the efficiency and effectiveness of our team. The most important aspect for me is to do not lose respect for each other. I think it the beginning steps of a good team crumbling. When we do not have respect for each other, I believe that the negative energy from burnout or workload can often lead to others.

Jason : As a student majoring in computer science, I have always been overwhelmed by deadlines. I can confidently say I couldn't really manage my time well working on projects, a cramped deadline makes it harder to do it. I led different projects before, and having an “okay” product, was my go-to. But, If I were to reverse time I would prefer to have a better time management. Having a better time management such as dividing tasks throughout the deadline would be much more effective, as while achieving work-life balance a project that is made could be more well-delivered.

Samuel: As an EECS student in NTHU, I've faced a lot of projects, homework, and exams. At first, it was tough to handle everything. I often found myself putting things off until the last minute and rushing to get them done. While this sometimes worked out okay, I realized it wasn't the best way to do things. I saw that I wasn't giving my best effort when I rushed. That's when I understood the importance of prioritizing tasks. By deciding what's most important and doing those things first, I found I could manage my workload better. Prioritizing helped me focus on what mattered and do a better job overall. It's a simple but crucial skill for students like me, and I'm glad I learned it.