Project GOLD: Addressing Productivity Loss Through Tech Solutions

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INTRODUCTION

Time management is a critical life skill that involves planning, organizing, and controlling how time is used to accomplish tasks efficiently. In today's fast-paced academic and professional environments, individuals are often overwhelmed by multiple responsibilities, deadlines, and distractions. As a result, poor time management has become a widespread real-world problem.

This issue is highly relevant because ineffective use of time directly affects productivity, mental well-being, and overall performance. Students struggle with academic deadlines, employees face work inefficiencies, and organizations experience reduced output. Time management problems affect students, professionals, educators, and employers alike, making it a universal concern across different sectors.

PROBLEM DESCRIPTION

Poor time management is when people fail to plan ahead, prioritize, or allocate time for important tasks. The most common causes are procrastination, multitasking, and distractions. Many individuals underestimate how much time tasks require, leading to rushed work, cramming, and even missed deadlines.

Studies indicate that a large percentage of people feel they do not manage their time effectively, with distractions such as social media greatly reducing focus. Multitasking has also been shown to decrease productivity rather than improve it, having too many things in mind makes finishing one task difficult. These behaviors contribute to stress, burnout, poor academic or work performance, and an unhealthy work-life balance.

Despite people being aware of the problem, challenges remain. Not everyone has access to effective tools, let alone. the discipline to use them consistently. Some people lack training in time management strategies, while others struggle with motivation or self-control. However, despite technology being part of the cause of poor time management, it can also help solve it.

PROPOSED SOLUTION

A proposed solution to this problem is a time management app and website. This app will be named "GOLD" because time is gold. This solution involves a mobile and web-based time management application designed to help users plan tasks, prioritize activities, and monitor productivity effectively. This does not only act as a to-do list type of tool, but a tool to schedule out your day so that you can finish tasks that need to be done. Scheduling a day is consists of time blocks, with each block representing different amounts of time set by the user. This allows for easy viewing of how long a task should take. The time block design also allows the user to see their time as a limited resource, seeing different blocks filling up the day is better to see how much time you have left to complete a task.,

App/ Website Key Features

- Task scheduling with deadlines and reminders

- Daily and weekly goal-setting tools (All in time blocks)

- Priority tagging

- Focus timers

- Progress tracking and productivity reports

- Distraction-control features (app or notification limits)

Target Users

- College and senior high school students

- Working professionals and freelancers

- Educators and team leaders

- People seeking to improve their time management.

Expected Impact

The proposed solution is expected to improve productivity, reduce stress, and enhance time awareness among users. By using structured planning and digital reminders, users can complete tasks more efficiently and avoid last-minute pressure. Over time, consistent use of the app can help develop positive habits, improve academic or work performance, and promote healthier routines.

CONCLUSION

Time management is a timely and significant problem that affects people across different stages of life. Poor time management leads to stress, reduced productivity, and missed opportunities. However, with the help of the app "GOLD", people can develop better planning habits and have control of their time.

The app offers a practical and accessible solution by combining planning tools, prioritization methods, and productivity tracking. Implementing this system can make lasting positive impact on performance, well-being, and overall quality of life.

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