Time management is known to play a vital role in improving a students academic performance. The literature notes that time management behaviours relate positively to perceived control of time, job satisfaction, and health and negatively to stress [Claessens et al., 2007]

This questionnaire is designed to assist you through a basic examination of areas that affect your time management and provides a score on how effectively you manage your time.

There are3 sections (18 questions in total) to the questionnaire. To make the most of this tool you should aim to complete the questionnaire once a week.

Approximate time to complete: 5 minutes