

IT TASK MANAGEMENT INEFFICIENCY

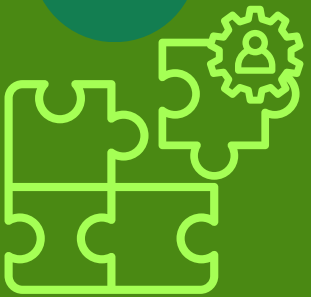
01



Key Facts

Meticulous time management improves academic performance and reduces students' stress. Students who plan ahead and meet deadlines are observed to have lower stress.

02



The Problem

Many students procrastinate and struggle to meet deadlines effectively. This results in poor sleep, poor work quality, and an imbalance between work-life balance

03



Impact

Poor time management increases stress, anxiety, and burnout among students. It also negatively affects lifestyle habits and academic performance.

04



Proposed solution

Using planners, digital calendars, and task lists helps students organize their time better. Building healthy routines and reducing procrastination can lower stress and improve academic success.

From Thought to Triumph



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