

Causes of poor time management

Students underestimate how long assignments take.

Nyla Harris

Procrastination due to social media and other distractions.

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Overcommitment to clubs, jobs, or sports.

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Poor sleep schedule makes concentration difficult.

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Difficulty saying no to social invitations.

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Academic and environmental challenges

Noisy dorms or limited quiet study spaces.

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Heavy lab and lecture schedules leave no flexibility.

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Academic advisors are hard to reach for guidance on time.

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Unsure of clear deadlines from professors cause confusion.

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Health, motivation and mindset

Lack of mental breaks increases risk of burnout.

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Students forget to eat or rest regularly.

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Add yoga or gym sessions.

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Motivation drops when grades slip.

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Education and support programs

Workshops teaching time-blocking and prioritization.

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Peer mentoring for first-year adjustment.

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Professors could integrate time management modules in class.

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Time management orientation required for all freshman.

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Tools and technology solutions

Create a time management app for first year students.

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AI assistant that balances workload.

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Color-coded digital planner template for engineers.

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