Countermeasures

* Provide the user a way to organize their tasks and plan their time.
* Help the user understand how their time is being spent in order to help them make better choices when allocating time (what, when, and how much time).
* Encourage and help the user to allocate time to healthy habits like sleep, exercise, breaks and taking time for themselves.

Act/Standardize

* Take user feedback to create new features or make modifications to existing ones to improve the platform.
* The tool could also use by non-students.
* Research other sources of stress and if possible, implement features to reduce stress caused by them.

Check/Evaluate

* Conduct a survey to verify the following:
  + Are the users able to complete their tasks without feeling overwhelmed?
  + Did the users experiment a decrease in their overall stress levels?
  + Did the users manage to incorporate healthy habits into their day?
  + Did the users manage to incorporate personal time into their day?
* A decrease in user activity could indicate the countermeasures were not effective.

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Causes

Diagram

Description automatically generated

Target

* Students are in control of their situation and can manage all they have to do without feeling overwhelmed.
* Students experience a lower overall level of stress.
* Because of the previous points, students are less likely to experience burnout.
* Students will be healthier, happier, and will have a higher performance.

Problem Background

* According to the [National College Health Assessment](https://www.acha.org/documents/ncha/NCHA-II_FALL_2017_REFERENCE_GROUP_EXECUTIVE_SUMMARY.pdf) done in 2017, 86.5% of students reported feeling overwhelmed by all they had to do at some point in the previous 12 months. In the same survey, 45.1% of students rated their overall level of stress as more than average.
* High levels of stress and large amounts of work are the main cause of burnout, which is a state of emotional, physical, and mental exhaustion.
* Burnout can have many negative effects like reduced performance, low mood, anxiety, difficulty sleeping, muscle pain and lowered immunity.
* Burnout can also lead the person to isolate, neglect responsibilities, and develop unhealthy coping mechanisms.
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