Stress Management Among Students Essay, Research Paper

Time Management for Today?s Student Leaders

Time management has become increasingly important to my jump from high school to college. My time has become very limited do to classes, class-work, athletics and fatigue. In an average day I spend about four hours in a classroom, three hours on the soccer field, two hours eating, two to three hours playing video games or online talking to friends, and whenever I can I try to sleep. Class-work often takes a backseat to the rest of my daily schedule. I am not an expert on time management.

A particular section of the hand out was the seven questions asking how I invested my free time. #1 On the average, do I spend fifteen or more minutes a day reading or sending e-mail? Yes, most days I will check my e-mail two or three times a day without fail. #2 On the average do I spend fifteen or more minutes surfing the web? Yes, everyday I check to see who has won or lost in the world of college soccer, taking up about a half an hour of my time. #3 On the average do I spend fifteen or more minutes talking on the phone? No, I am in contact with most of my friends through the Internet but when I do talk on the phone it is for an extended period of time. #4 On the average do I spend fifteen or more minutes playing Playstation or a similar device? Yes, without fail I get in at least a game of Gamebreaker 2001 or Fifa 2000. #5 On the average do I spend fifteen minutes or more engaged in instant messenger conversations on the Internet? Yes, I have to do this to keep my sanity, I have a lot of good friend who I need to keep in touch with too face each day. #6 On the average do I spend fifteen minutes or more watching television? Yes, I am addicted to that black box, spending a bit more than fifteen minutes watching it. #7 On the average do I spend fifteen minutes or more planning out how I?m going to spend my day? No, I?ve never really thought about doing that on a day to day basis. The article says that most student leaders answer yes to at least four of the first six questions and answer no to #7. I answered yes to five of the first six questions and no, just like most other people to #7. What this says is that I?m wasting a lot of my time on insignificant things rather than concentrating on what?s really important.