EFFECTIVE TIME MANAGEMENT

One of the challenges of studying at university is getting everything done in time while maintaining your sanity and having a balanced lifestyle.

There are, however, many things you can do to ensure you use your time effectively.

Planning and prioritising are two essential time management strategies.

You need to use different types of planning to achieve your study goals.

- distributes free, yearly planners. Use these to backward plan.

1. Backwards planning involves working backwards from your submission or presentation dates, e.g.

Consult your unit outline for information on when you need to
- hand in each assignment
Then work out when you want to
- finish your 2nd and 1st drafts
- complete the outline for your essay, report, etc.
- finish your initial library research, etc.

Record these dates in your planner.

Remember to include personal and social plans and obligations whenever you are constructing a timetable.

Colour coding your planners can help.
- Use one colour for activities that are the same each week e.g. lectures, labs, tutorials etc.
- Use another colour for private study time.
- Use another for family, religious and personal commitments, etc.
- Use another for social activities.
These may have to be curtailed during busy study periods.

Keep on target — plan and prioritise

2. Weekly planners are also very useful. They can be used to prioritise your daily and weekly tasks.

Find one that suits you, whether it's on your phone, computer, paper or a wall.

3. STUDYSmarter assignment calculator is another planning and prioritisation aid. This can be used for specific essays, reports, etc.

A key to effective time management is allocating your time wisely.

Time management tips

Set goals that are SMART¹
- Specific (have a clear purpose for each study session).
- Measurable (i.e. can be checked e.g. I'll finish reading this chapter by 5pm).
- Achievable (carefully assess the scope of each study session or project in terms of the time available).
- Realistic (be aware of what you can do in an hour/day).
- Timely (achieve your goals by spending time on what you need to do NOT what you would like to do).

¹ Adapted from https://www.dlsweb.rmit.edu.au/lsu/content/1_StudySkills/study_tuts/time_manage_LL/02time.html

Managing time and stress 1
Lists are useful
Weekly and daily ‘to do’ lists work well for lots of people, especially if you prioritize your tasks.

<table>
<thead>
<tr>
<th>High</th>
<th>Medium</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finish powerpoint slides for presentation tomorrow</td>
<td>Do key word search for next essay</td>
<td>Start exam review. Move to High soon.</td>
</tr>
<tr>
<td>Contact other group members to arrange slides for the presentation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Know yourself
If you know when you study best and for how long you can study effectively, you’ll manage your study time better.

Can you answer the following questions about yourself?

- When are you most alert?
- How long can you study for without needing a break?
- When do you do your most effective study?
- How do you motivate yourself to complete difficult study tasks e.g. assignments?

Be proactive—catch time. Don’t wait for it to catch you!
Your time is limited and the amount of study you have to do (or could do) is unlimited so being proactive about managing your time is the best option.

Proactive students
- Plan ahead. They don't wait for someone to tell them what to do or when to do it.
- Ask for help as soon as they need it. They don't wait for a crisis to develop.
- Are most likely to be effective time managers.

Like this Survival Guide? Why not check out...
Survival Guides: Avoiding procrastination, Preparing for exams, Writing exam essays

Want to know more about STUDYSmarter?
Find out about all our services and resources at: www.studysmarter.uwa.edu.au

Any suggestions?
We’d love to hear from you. Email us at study.smarter@uwa.edu.au

This resource was developed by the STUDY Smarter team for UWA students. When using our resources, please retain them in their original form with both the STUDY Smarter heading and the UWA logo.