

Time Management: Additional Sources

Rather than reinvent the wheel, we'll refer you to two wonderfully informative, interactive websites on time management provided by Virginia Tech University Cook Counseling Center and another by Pennsylvania State University Learning Center.

Both have interactive exercises that help you identify where you are spending your time so that you can make adjustments to it.

Also, the Virginia Tech website has a PowerPoint slide with an interactive assessment with a time management quiz and questions that help you think about your attitude toward your college work.

If you do the exercises and see that you have fewer study hours than needed or you have become aware of areas that you need to work on, then you can make adjustments to your schedule and thinking that may help you perform better.

Both websites also have tips about procrastination, how to avoid wasting time, and planning charts.

Enjoy these websites and all the other time management links they provide.

Here are the links:

Virginia Tech University, Cook Counseling Center, Time Management Strategies for Improving Academic Performance

<http://www.ucc.vt.edu/lynch/TimeManagement.htm>

Pennsylvania State University Learning Center, Time Management Exercise

http://www.ulc.psu.edu/studyskills/time_management.html#time_management_exercise-time_wasters

If you have any questions about the material included in the web site or want to explore how any of the information might pertain to you, please call us and make an appointment. We can help you with your specific time management needs.

The ULM Counseling Center
318-342-5220