

Time Management Problems

The rising sun and buzzing alarm clocks signal the arrival of morning. School bells ring to signal the start of the school day, recess, and the end of the school day. Church bells and cuckoo clocks mark the passing hours. When the kettle boils—it's teatime. Home from school and work—it's dinnertime. The sun sets, its bedtime.

Our lives are measured in compartmentalized segments of time slated out for us. So why is managing our time such a challenge?

We are constantly multi-tasking and splitting our time a hundred ways. We talk on the phone, do homework, surf the net, and make tea ... all at the same time!

Instead of each of small task taking mere minutes, it takes much longer. Homework should take one and a half hours; instead, it takes close to four.

The hectic pace of our lives, the interruptions, and the distractions do little to help our time management issues. It is difficult to filter out the constant din of TVs, radio, instant messaging alerts, iPods, and of the clang-honk-beep-buzz of our modern world. Adults find focusing on one thing at a time challenging, so it's no wonder that when kids are faced with a time-management issue, they have no idea how to solve the problem, and put things off until the last minute.

Like so many other skills that we need in life, time management techniques don't come naturally to all. A little instruction and a lot of learning can help even the busiest of students to complete homework on time, finish projects well ahead of the due date, and to end procrastination for good.

Time Management: it's a skill that we can all use, both in and out of the classroom.