

Time Management

While assignments, tests, papers, exams, and so on are expected by educators to be studied for and taken in certain time constraints by students, educators don't really teach the students how to manage their time effectively. Time efficiency is not only helpful in school, it is increasingly valuable the older we get, for the older we get the less and less time we will have, until we retire.

It becomes especially important as we try to navigate our career and family and raising of children. Schedules will become increasingly important in these regards. Sleep becomes less and less required for productivity the older we get. The advent of calendars and alerts on our smart phones, which many of us always have on us, has made keeping schedules much easier. There are many good time management apps which can be downloaded on our smart phones for this purpose.