

IT'S ABOUT TIME



TIPS FOR "TAKING THE TIME TO MAKE THE TIME"1, 2, 3

Break up the assignments

Map out the week using a planner, calendar, etc

Have someone hold you accountable

Sort out priorities



TOOLS FOR MANAGING TIME¹

Calendars

Planners

Tasks via JPJ Academic Center



TIME MANAGEMENT STRUGGLES

Lack of time management is a major source for stress and anxiety

Social media is the biggest distraction from getting things done



BENEFITS OF MANAGING TIME⁶

Great time management is associated with greater life satisfaction, better health and optimism

Managing time can help make better decisions in the future

Managing time is associated with lower levels of depression and hopelessness



THOUGHTS FROM STUDENT-ATHLETES AND STAFF

"Not the what but the when you have to do an assignment"

- Shelly Lovelace, Learning Specialist

"Time management is really synonymous with PRIORITY MANAGEMENT. Everyone has the same 24 hours in a day, but we choose how to spend them when we choose what to prioritize."

- Dan Jacobs, Academic Coordinator



"I lack the time of management because I choose naps over doing work"

- 2019 Student-Athlete

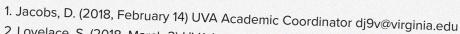
"Know where to spend your time to get the work done"

- Jade Briana Baker, Track & Field



HELPFUL RESOURCES

- Shelly Lovelace, UVA Learning Specialist (can be found on the first floor of JPJ Academic Center)
- Your academic coordinator
- Older teammates



2. Lovelace, S. (2018, March 2) UVA Learning Specialist srp6b@virginia.edu

3. Scholastica, T. C. (2016, February 29). 7 tested time management tips for student-athletes. Retrieved April 12, 2018, from http://www.css.edu/the-sentinel-blog/time-management-tips-for-student-athletes.html

4. MacCann, C., Fogarty, G. J., & Roberts, R. D. (2012). Strategies for Success in Education: Time Management Is More Important for Part-Time Than Full-Time Community College Students. Learning and Individual Differences, 22(5), 618 - 623.

5. Electronic Survey conducted in Spring 2018; UVA student athletes

6. AEON, B., & AGUINIS, H. (2017). IT'S ABOUT TIME: NEW PERSPECTIVES AND INSIGHTS ON TIME MANAGEMENT. Academy Of Management Perspectives, 31(4), 309-330. doi:10.5465/amp.2016.0166

