

You Belong Here

Time Management!

Effective time management lowers stress and improves performance!

- Plan study time: 1 class hour = 2 to 3 out-of-class study and prep hours (this includes hybrid and online).
- Schedule your time/use a calendar: class time, homework, commuting, work, social, self-care.
- **Time Management is the #1 student challenge – get help!**
 - Your professors
 - Manor College Learning Center
 - Your Academic Advisor
 - Campus Counselor



Week 2 (9/9) & 10 (11/4)