

Any Topic (Writer's Choice)

YourFirstName YourLastName

University title

Time management

Name

(Institutional Affiliation)

Introduction

Time is considered as the unifying factor among all of us. It has even be said time and again that everything and everyone may differ in terms of wealth accumulation and all other aspects but at the end of the day we all have equal time to make the best out of it. It is with such background knowledge that the issue of time management arises. Just the way it has been coined from management, the term time management is used to refer to the act of an individual being capable of handling and effectively utilizing this precious resource known as time. Time management can be termed as the capability to making the best out of the time he/she has. The issue of time management is of great concern to the extent that there have been established some lessons whereby people are taught how to manage their time effectively for the sole purpose of maximum output. One should therefore strive to do their very best to avoid poor time management. Effective time management would therefore act as the most appropriate thesis statement for this paper (Carroll, 2012).

Target behavior

Poor time management is a very bad behavior. In most cases it is referred to as time wastage. The effects of poor time management are so adverse to the extent that poverty has been attributed to poverty. This is because lazy people are believed to be poor time managers. There should be emphasis on how to control time wastage to ensure that the society is inhabited by good time managers or what would be termed as a time conscious population (Monappa, & Saiyadain, 1996).

How it was measured

In matters pertaining how it will be measured, time management can indeed be measured by the success achieved in between given periods of time. The best example would be a classroom setup whereby a teacher gives some assignment to the students. They are then expected by the teacher to complete the work in a certain timed period. In most cases however, I opted to make use of time the time management tool or the time table as is popularly known. I could therefore measure time management against the preplanned schedule.

Method for changing the target behavior

Methods of changing poor time management are quite diverse. They can be simply referred to as the time management skills (Forsyth, 2010). Time management can be a very tricky issue since the methods of changing this behavior may vary from one individual to another in the sense that it will all depend on an individual's commitment and willpower to abandon this regretful behavior of poor time management. To begin with, there is the training method. People willing to be great time managers can be advised or rather go training on how to maximize on the available time. The other method of changing this behavior is through awareness creation programs. This means that people can be educated on how to be time

conscious and I will make this even more successful by simply taking the issue to easily accessible media houses including the print media. I will also consider pursuing the medium of social media to create awareness on time management so as to reach the target population.

I chose the above methods purposely. This is mainly because they are the most suitable methods to access my target population. For instance, through training programs, anyone can be reached. This is because such a program will engage all willing partners and they are bound to get enlightened in the process. The other method of pursuing the media medium is also very reliable. This is because in the modern society, the media and most recently the social media have been widely accepted as sources of information. The media is therefore likely to serve the educative role with maximum and positive results (Evans, 1999).

Problems

Just like in any other project, there never lacks issues of concerns in terms of challenges. To begin with, training proved to be very difficult in some instances. To get a person to accept that he/ she have the problem of poor time management was a major concern. This is because poor time managers are believed to live in a state of self denial in the sense that they rarely accept that they have this problem. This therefore turned out to be the greatest challenge to this project but through my conviction skills I was able to effectively the willing and affected parties. It is therefore important to note that rarely do people accept that they are poor time managers hence calling for more effort to be put towards creating a time conscious generation (Evans, 1999).

Conclusion

In conclusion, the project was very successful and worthwhile. I got to read through time management related literature among other sources of information that

increased my knowledge on time management. The project was very also very relevant since individual time management skills translate into a well to do economy and once individual goals are met, the country is set to benefit in the process. Proper time management should therefore be an issue of national interest regardless of the diverse sectors that the population is engaged in.

References

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