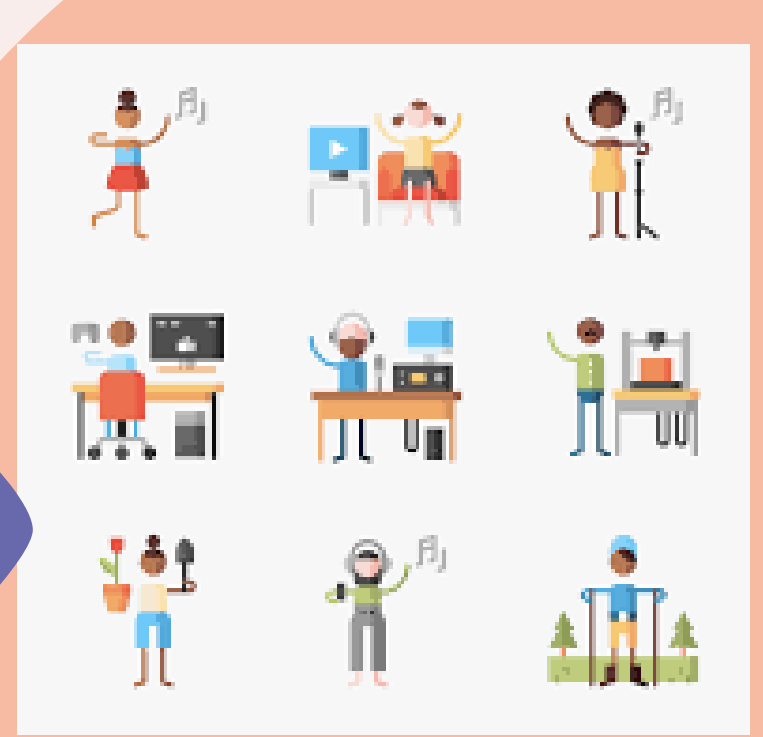




TIME MANAGEMENT > STRESS



Overview/Purpose

Stress is a very common element that affects many high school students today. The purpose of this project is to teach high school students of the importance of time management and how it can be used to reduce stress because stress is something that tends to run very prominently in the lives of adolescents, and if they could understand the importance of time management and why it's needed, the more they can use it to reduce their stress and have more time for themselves.



Solution

The best solution to reduce stress would be the use of time management. It is important because it helps students to develop skills, such as responsibility, and it allows for more chances and opportunities in life. It's important to be able to teach students to map out everything they do in a day, and channel that information into a working schedule for themselves. That way, they can see what all they need and want to get accomplished, and they can follow their time management strategy to gain more time for themselves in their day. With this, students would be able to have more time to dedicate towards hobbies they enjoy doing.



Importance

This topic is very relevant and important to discuss because a lot of problems that occur in adolescence today are caused by stress related reasons. "In general, school-related problems are known to be among the most commonly reported sources of stress for adolescents" (Kouzma). Being able to understand how to implement time management skills into one's life would be very beneficial in reducing stress and providing a means of success in a student's academic career as well as their personal life.

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