

What's so important about time management?

Successful students have reported over and over that the key to academic success in the first year of college is to learn how to manage time. Why is that?

First of all, the amount of material that is presented in each course in college and the speed at which the material is presented is much greater than in a high school course. Learning to study such large amounts of material at a faster pace requires a systematic approach that is different from the approaches used in high school even for the most accomplished high school students.

Secondly, courses are taught in different arrangements of days and times so finding a way to develop continuity in studying the material from each course requires a new way of thinking about time.

Recognizing the issue is a first step for students. According to the study by Dr. Richard Light presented in *Making the Most of College*, sophomores who had a successful first year talk about realizing after getting to college that they had to think about this issue of time management and work hard on the topic. Seniors also talk about learning to manage time in college as one of the top strategies for academic success.

Given the dramatic differences in the demands of college level courses and in the ways college courses are taught compared to high school systems, it is understandable that most freshmen are caught unaware of what it takes to be successful and the commitment and organization of time that is required. With this phenomenon having been well documented in the studies of success in college, the value of helping students recognize the issue and become better equipped in their approach to managing their time seems well worth the effort.