

Time Management

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Abstract: *'Time' is a precious resource. Each student has 24 hours in a day. As studying often involves meeting deadlines, how you use these hours is essential to achieving success at university. To meet the demands of your studies, work out what needs to be done and when. Work out how to use time as efficiently as possible as managing time is a skill that can be learned and developed in order to promote balance in student life.*

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