



Balancing the
life of a
high schooler





Time Management

Help your student work smarter not harder





The title is written in a playful, rounded font. 'Time management' is the first line, with 'management' highlighted by a light orange oval. Below it, '= happy house' is written in the same style. A green starburst is positioned above the end of the first line, and a green squiggly line is at the bottom right of the text area.

Time management = happy house

Time management is important because it leads to improved efficiency and productivity. It helps you prioritize tasks. Balancing high school allows time management to play a crucial part because it gives students a clear overview of goals and expectations and can help them stay focused.

Poor time management = stress & headaches

The more time students spend figuring out what to do, the more stressed and overwhelmed they feel. By not understanding how to manage time wisely, creates lack of motivation, reduced productivity and failure to set priorities.

Tips

