



Thriving in College

How Effective Time Management Supports Pediatric Cancer Survivors

Why is time management important?

Academic Success

- Prioritization
- Meeting Deadlines
- Reducing Procrastination
- Balanced Workload
- Improved Focus and Concentration

Increased Productivity

- Clear Goals
- Task Prioritization
- Focus and Concentration
- Minimizing Procrastination
- Enhanced Accountability

Professional Development

- Meeting Deadlines
- Planning and Organization
- Balancing Work and Personal Life
- Enhancing Time Sensitive Skills
- Future Preparation

Reduced Stress and Better Mental Health

- Stress Reduction
- Balanced Schedule
- Self-Care and Relaxation
- Adequate Rest and Recovery
- Enhance Overall Well-Being

Balanced Lifestyle

- Prioritizing Self-Care
- Manage Medical Appointments
- Balancing Academic and Personal Life
- Allocating Time for Relaxation and Stress Reduction
- Avoiding Burnout

How to prioritize tasks as a college student

- Create schedule to help you stay organized
- Set realistic goals
 - Establish goals that are achievable for each day or week.
 - Break larger tasks into smaller tasks to maintain motivation and progress.
- Avoid procrastination
- Learn to say NO
 - Recognize your limit and learn to decline additional commitment when your schedule is already full
- Allocate breaks
 - Include short breaks within your schedule to rest and recharge.
 - Taking regular breaks can improve focus and productivity when you return your tasks
- Utilize time blocks
- Group similar tasks together
- Minimize distractions
- Set deadlines ahead of time
- Break larger tasks into smaller steps