



Effective Time Management in Academic Practices: the Context of Female Students Residing in Student Residences

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Abstract

Time management is of vital importance in the academic life of students. Time can be managed effectively by employing strategies that increase academic performance. These strategies are often suggested by academic personnel as aids to enhance achievement for college students. Productive study methods are characterized by time management and strategic studying. Over the years, research has proven that students who control their time effectively have greater evaluations of their performance and life satisfaction. These findings are consistent with theory and advice on time management. This research paper discusses the time management of a sample of 40 university students residing in the student residence. The researcher is of the view that a large number of female students do not follow effective time management procedures which affects and lowers their academic records. Time management can be affected by a number of problems: ranging from the environment to emotional instability or being just plain lazy. This research paper will discuss the practices used to improve the time management of students in the student residence. This may help the people who are at the helm of affairs in the residents to devise ways that result in adoption of time management procedures by the students which will eventually improve their academic practices.