



# Time Management: Strategies For Success

## Overview

The various aspects of college life place many demands on your time. Psychologists have studied time management practices extensively and have concluded that effective time management practices have a significant influence on college achievement. Consider that academic achievement takes time and you have to complete a large number of tasks in a short period. You may feel overwhelmed and stressed, thus leading you to consider how you might manage your time more effectively. This workshop will help you do just that: manage your time and behavior, so that you can achieve academically and still have some room for fun.

### Objectives:

#### Students will learn:

- Strategies to self-regulate learning
- The 8-8-8 Formula for effective time management
- To plan for both long and short-term goals
- How to follow a three-tier time management system for college students: creating a semester schedule, designing a weekly schedule, and making a daily schedule
- Tips for following through the time management plan

## Presenter



**Laurie L. Hazard**  
*Bryant University in Smithfield*

Laurie L. Hazard is the Assistant Dean for Student Success at Bryant University in Smithfield, RI. As a member of the Applied Psychology Department, she writes about parent involvement, student personality types and classroom success. She is an award-winning expert on how students can make successful transitions from high school to college. After earning her Master's of Education degree from Boston University in counseling, she received a Doctoral degree from Boston University in Curriculum and Teaching. Laurie is co-author of the book *Foundations for Learning*, 3rd Edition (2012, Prentice Hall), which is designed to help students make a successful transition to college by encouraging them to take responsibility for and claim their own education. Hazard's textbook has been adopted by colleges and universities around the country, including Boston University, University of Nevada, and Texas A&M. Richard J. Light, the Walter H. Gale Professor of Education at Harvard University, calls Hazard's book "a winner for any college student" that is a "beautifully written joy to read."

Laurie has won numerous awards for her work with first-year students and their parents, including the National Resource Center for The First-Year Experience and Students in Transition's Outstanding First-Year Student Advocate; the Learning Assistance Association of New England's Outstanding Research and Publication Award; and the Learning Assistance Association of New England's Outstanding Service to Developmental Students Award. Most recently, Laurie received the CRLA Northeast's Outstanding Service to the Field of Developmental Education Award.

Laurie's expertise has garnered national media attention. She has been interviewed and cited as an expert in the Associated Press, Seventeen Magazine, The Chicago Tribune, The Times Picayune, The San Diego Tribune, and Student Affairs Leader. Laurie has also been a guest columnist for the Washington Post's Answer Sheet: A School Survival Guide for Parents (And Everyone Else). Her articles offer concrete advice for parents of new college students: "How to Help Your Child Adapt to College Life," and "Parents Should Leave their Kids Alone at College." Most recently, Laurie has written a book with co-presenter Stephanie Carter, called *Your Freshman Is Off To College* (2016).