

To begin, mastering time management is a crucial habit for anyone's success. In most cases, people have many commitments in their lives and need to ensure that they complete all required tasks. According to Rose, "If you want to have time for everything, you need to figure out how to make everything fit into your schedule" (2). This often requires extensive planning and coordinating. For example, if a student has two tests on the same day, he or she should plan to study in advance by devoting 15-20 minutes each night for a week to studying. Waiting until the last minute to study isn't effective time management, and it causes stress for the student. Another way that students can be more successful with time management is to get enough sleep. People who are sleep-deprived do not work to their potential, and it can cause students to fail tests or do poorly on assignments. To conclude, time management is a necessary habit to students both in middle school as well as high school or college.