

THE TIME DIET TIME MANAGEMENT FOR COLLEGE SURVIVAL BY EMILY SCHWARTZ

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Time Management for
College Survival



Emily Schwartz

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It takes so much more than brains to succeed in today's college environment. Excellent time management skills are essential to college success. The Time Diet helps students lead productive, stress-free college lives by helping them classify their activities into "food groups" and choose a "balanced diet" of tasks each day. Using this approach, students will learn how to fight procrastination, keep an organized calendar, stay on top of deadlines, increase motivation, defeat time killers and much more!

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1 of 1 people found the following review helpful.

A great book for college students! Hits the nail on the head.

By P. R. Rosenkrantz

I bought it to see if it might be a good fit for my freshman engineering students to read and I liked it. As a check I passed it around some of my senior students for their opinion and they said it looked good and recommended trying it, So I used The Time Diet as required reading in our introductory class the last two years (about 200 new students total). The reviews and results have been very good. The book was written for new college students with current examples and stories so it is a good fit. It is a fast read and the book presents concepts that are easy to apply. One topic that resonated with my students was "time killers." Students were averaging spending 9 hours per week on "time-killers." Using the concepts in the book, over half the students reported they were able to make progress in overcoming a major time-killer. Most of the time saved became quality study time (a "meat" in the context of the book). Many students reported that just using their calendar and daily task list as explained in the book improved their lives tremendously.

0 of 0 people found the following review helpful.

Eng 106

By Ahmed Alnuaimi

I was asked to review this book for an intro class in my freshman engineering year. After reading the book, I found how useful it was for me and I was pledged to recommend this book to my fellow freshmen and peers. You don't need to be an engineer or a college student to be able to manage your time efficiently. Every person should use their time efficiently so that they can become more productive. However, the book give's students ways they can manage their time, but the book is slightly focused towards the freshmen. The book is focused towards freshmen because they still most their educational period left. On the other hand, seniors who tend to be close to their graduation dates, find this book useless. The book gives current examples and stories that a normal college student might find himself in. For example, the issue of time wasters that most students know of, but do not know how to resolve it. The book is written recently and is fairly new, so it

discusses issues that are being faced in current time. Every college student can gain from reading this book since it has many issues discussed in it to further aid their education. The best chapter in the book that helped me out was the one about “time killers” which is a problem each and every college student suffers from. Using the concepts in the book, over half of the students reported that they were able to make progress in over a major time-killer. The book provides several detailed ways for the student to save their time and use it to study.

0 of 0 people found the following review helpful.

enjoyable and helpful

By K. Harrison

My college-bound daughter and I have just read through this together in chunks and found it enjoyable (surprise!) and highly usable. She appreciates that she has already learned valuable time-management advice and techniques before the challenge of managing her college time becomes overwhelming. The extended metaphor of the diet helps to ground the practices. I particularly like the idea of dividing tasks up into "meat," "vegetables," and "dessert," for a balanced "diet" and basing breaks and rewards on task accomplishment, vs. time passed. Very sensible.

See all 6 customer reviews...

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