

Hire U Critical Thinking & Problem Solving Competency Development Reflection

Situation: I attended “Time Management Workshop: Starting Strong” at the start of the semester. This workshop provided strategies and techniques for effective time management and productivity for students like myself.

Task: I was to start my semester strong by learning time management and study strategies to set myself on the right path. Along with the learning, apply time management strategies to improve productivity and manage my academic and personal commitments effectively.

Action: During the workshop, I took part in various techniques. One being the creation of a 24-Hour Schedule, and another being the creation of an assignment tracker for my fall semester. Being a full-time student taking 18 credits, I made a commitment to apply these strategies to my daily routines. I frequently use Google Calendar to keep track of my schedule on a weekly basis. I also frequently use my assignment tracker to keep track of assignments, grades, and their due dates.

Result: As a result of my participation in this Time Management workshop, I demonstrated growth in my Critical Thinking & Problem Solving (CS) competency. I applied the strategies learned to my academic and personal life. By creating an assignment tracker and examining my 24-Hour Schedule, I am able to assess my workload, identify potential conflicts, and develop problem-solving skills to manage my time well. This approach improved my ability to meet deadlines, reduce stress, achieve goals, and improve my overall productivity.