

Name _____

Time Management: The Key to Juggling School, Fun, and Everything in Between

Multiple Choice Questions

1. What is time management?

- a) The art of balancing your time effectively
- b) The ability to control time
- c) The skill of daydreaming
- d) The art of multitasking

2. Why is time management important for reducing stress?

- a) Because it helps you avoid responsibilities
- b) Because it allows you to accomplish more in less time
- c) Because it helps you balance your time effectively
- d) Because it increases the number of tasks you need to complete

3. Which of the following is NOT a benefit of time management?

- a) Achieving goals
- b) Reducing stress
- c) Decreasing productivity
- d) Developing responsibility

4. What is one strategy mentioned in the passage to avoid procrastination?

- a) Procrastinate more to relax
- b) Break tasks into smaller parts
- c) Avoid setting goals
- d) Overcommit to activities

5. How can technology be helpful in time management?

- a) By increasing distractions
- b) By helping you set clear goals
- c) By making you disorganized
- d) By reducing your productivity

