

Time Wasters: *Your Plan of Attack*

TEACHING AND LEARNING CENTER

Because you are so busy as a college student, it is important that you stay in control. This does not mean that you can't be flexible, it does mean **you need a plan**. Give at least two possible plans in the second column to combat each time waster.

TIME WASTER	PLAN A and PLAN B What to do when this occurs
Drop-in visitors	Plan A Plan B
Phone interruptions	Plan A Plan B
TV	Plan A Plan B
Afternoon naps	Plan A Plan B
Family or friends making demands	Plan A Plan B
Instant messaging and surfing the internet	Plan A Plan B
Your biggest time waster _____ (list a time waster not mentioned)	Plan A Plan B

Academic Success Services
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