



The benefits of time management

Efficiency

Success

Health

Obstacles to effective time management

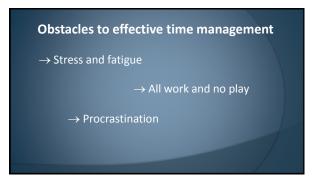
→ Unclear objectives

→ Disorganization

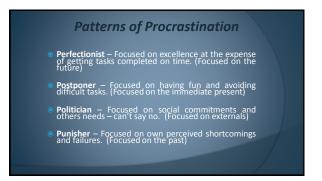
→ Inability to say "no"

→ Interruptions

Obstacles to effective time management → More interruptions → Periods of inactivity → Too many things at once











Minimize your Distractions

Learn when to say "NO"

Nou can't do everything

Don't undertake things you can't complete

Remain consistent to your goals



Minimize your Distractions When prioritizing is a priority Avoid the temptation to socialize when you have a deadline to meet Turn off your cell phones or place them in 'do not disturb' mode Turn off Facebook, email alerts, and websites not related to the current task



Where to start? Cloud-based storage and retrieval options Online banking/financial management Controlling your email inbox Apps and mobile computing Let's ask how others do it

Cloud-based storage options Dropbox Offers cloud storage, file synchronization, personal cloud, and client software, accessible from any device or computer Microsoft OneDrive File hosting service that allows users to sync files, photos, share/work tagether, and accessible from any device or computer Amazon Drive Cloud storage application offering secure cloud storage, file backup, file sharing, and photo printing Google Drive File storage and synchronization service allowing file sharing and editing of documents with callaborators.

