THE UNIVERSITY OF ARIZONA HEALTH SCIENCES
Diversity & Inclusion

Student Learning Services

Time Management Workshop

THE UNIVERSITY OF ARIZONA HEALTH SCIENCES
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Daily Schedule

Time	Task/Activity
5:00 A.M.	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00 P.M.	
12:30	
1:00	
1:30	
2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	

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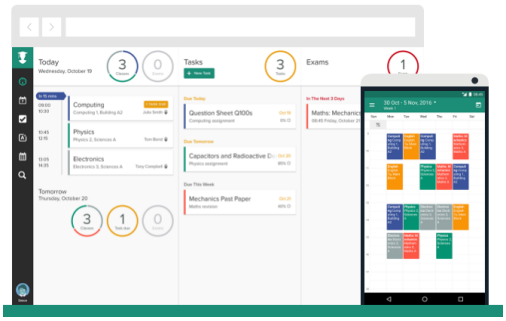
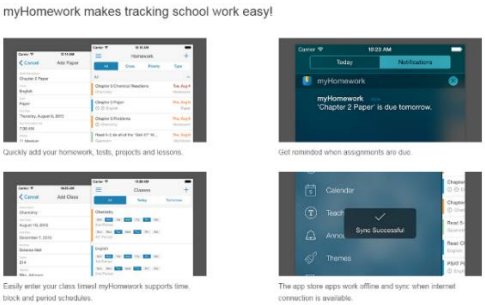
Electronic Organization Tools

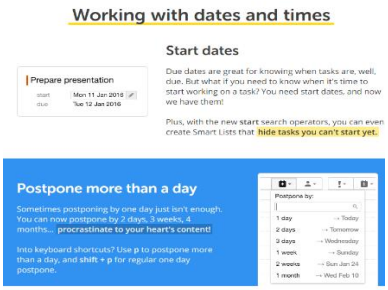
1) https://www.mystudylife.com/



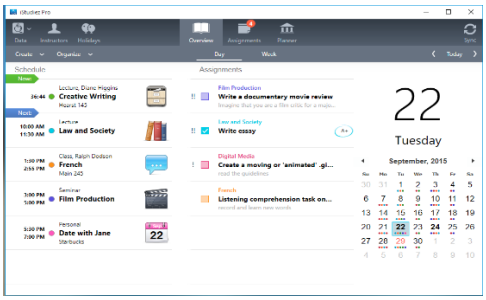
2) https://myhomeworkapp.com/



3) https://www.rememberthemilk.com/



4) http://istudentpro.com/



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Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

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Urgent vs. Important Priority Schedule

	Urgent	Not Urgent
Important		
Not Important		

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Pomodoro Technique

Cirillo, F. (2006). The pomodoro technique (the pomodoro). Agile Processes in Software Engineering and, 54(2).

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For additional resources and learning support services see:

http://diversity.uahs.arizona.edu/student-learning-services

Location: College of Medicine Room 1119B

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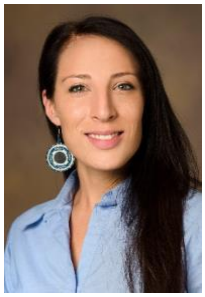

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