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# Part 1: Pre-Video

We will be watching a short video about time and task management. In this video, an expert discusses strategies that can be effective for college students. What advice do you think an expert might give you about managing your time and tasks?

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# Part 2: Post Video

What are 3 strategies suggested in the video that you can use to help you more successfully manage your time and tasks?

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# Time and Task Management Follow-Up

Using the space below, reflect on the effectiveness of your time and task management this semester. What have you been doing to help you stay on top of things and how is it working?

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