**NASIR-AMEEN NASIR**

**17/ENG02/045**

**COMPUTER ENGINEERING**

**Assignment Title:** JUNE 15th TEST
**Course Title:** Engineering Law and Managerial Economics
**Course Code:** ENG 384

**Question 1**

Time management is essential to success and achieving preset goals. It helps you monitor and improve your progress continuously. Effective time management leads to more accomplishments, this is because when you properly manage your time , you tend to be more active and focused on what task you want to complete in that timeframe. It also prevents overworking yourself, knowing when to take a break and rest is very essential when performing tasks, lack of adequate rest reduces the brains ability to function properly and you start to lose focus.