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**TITLE: TIME MANAGEMENT IS CRUCIAL FOR SUCCESS AND REALIZATION OF GOALS.**

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Good time management allows you to accomplish a lot in a shorter period of time which helps you take advantage of learning opportunities, lowers your stress and help you focus better.

 There are a few factors as to why time management is important, they include;

* Time is a limited resource.

The importance of managing time to the success and realization of your goals cannot be trivialized. Once time is lost, you can never make up for it. Your work will have to be compromised.

* Efficiency of your work relates to time.

Being efficient in the work you do to achieve your goals is about managing your time. Optimum use of your time means you accomplish more in the least possible time. Once you have poor time management, you get backlogged.

* Good time management helps you prioritize your steps you need to take in achieving your set goal.