NAME : EZEOBIDI CLEMENTINA ONYINYECHUKWU MATRIC NUMBER : 17/ENG04/027 DEPARTMENT: ELECTRICAL AND ELECTRONICS ENGINEERING COURSE: ENGINEERING LAW AND MANAGERIAL ECONOMICS (ENG384)

Class test 1

Time management is indeed crucial for success and realization of one goals because it helps you different between the important activities and the urgent activities (enables effective planning) with shorter time period, it helps improve quality of life and it aids stress reduction, it improves the ability to make decisions, it develops and/or encourages self discipline.

Therefore with the above points, it is seen that time management enables the success and realization of one's goals