Time Management

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Context: This class served as our introduction to addressing skill or knowledge gaps by designing an instructional solution around a topic of our choosing. For this project, my group selected time management, focusing specifically on the challenges faced by online graduate students. We recognized that many students in this demographic struggle to manage their time effectively due to competing priorities such as work, family, and academic obligations. Our goal was to explore how a lack of structured time management skills often results in increased stress, missed deadlines, and diminished academic performance.

IDD&E Phases: These deliverables for this course focus on all the phases of the IDD&E framework. During the design phase, we spent a large amount of time focusing on our learners and determining the needs, and the most effective instructional strategies to address the time management challenges they faced. With our lead project manager, we created our story boards and selected the appropriate content that is relevant and would engage the learners. The implementation phase of this project allowed us to determine how the module would be integrated. Finally, during the evaluation phase, we critically assessed the effectiveness of our instructions to guide potential improvements. This project allowed us to understand all the phases of the IDD&E process and strengthen our understanding of its principles.

Reflection and Self-Assessment: As an online graduate student, this project related to me on a personal level as I have experienced the challenges of balancing schoolwork with professional

and personal responsibilities. Working together as a group on this topic made me reflect on my own habits, strengths, and areas of improvement. As a researcher on the team, I found myself diving into different methods of time management that would be appropriate for learners. After a while, I found myself utilizing the strategies we designed for others such as setting SMART goals, using planners and creating a time block for me to focus on my studies. This process reiterated that instructional solutions should always be practical, flexible, and grounded in real-life application. This project helped me to grow as an instructional designer and pushed me to improve my own time management practices in meaningful ways.