An annotated list of journal articles and other publications on time management at university

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Adamson, Barbara, Tanya Covic & Michelle Lincoln, 'Teaching time and organizational management skills to first year health science students: does training make a difference?', *Journal of Further and Higher Education*, **28.3 (Aug 2004), 261-276.**	Study of the effectiveness of time management instruction using a minimal teaching intervention in first year health science students. Concludes that it may be more economical in terms of teaching time to target interventions with students most in need.
Blaxter, Lorraine, 'Juggling with time: how adults manage their time for lifelong education', *Studies in the Education of Adults*, **26.2 (Oct 1994), 162-79.**	Study of time management practices of mature students studying part-time, and balancing study with other commitments.
Ferrari, J.R and D. Tice 'Procrastination as a self-handicap for men and women: A task avoidance strategy in a laboratory setting', *Journal of Research in Personality,* **34 (2000)78-83.**	A study that finds students are more likely to procrastinate when they know their task is going to be assessed.
Finn, John & Anne Crook, 'Research skills training for undergraduate researchers: the pedagogical approach of the STARS project', *Bioscience Education E-Journal*, **2.1 (Nov 2003) online at http://bio.ltsn.ac.uk/journal/vol2/beej-2-1.htm (accessed 11/07/07).**	A report of an online project to develop students' research skills including time management.
Gregory,Keith & Sue Moron-Garcia, 'Assignment submission, student behaviour and experience', *Engineering Education: Journal of the Higher Education Academy Engineering Subject Centre*, **4.1 (2009), online at http://www.engsc.ac.uk/journal/index.php/ee/article/viewArticle/79 (accessed 8/3/10).**	Investigates the proposition that student time management improves as they gain experience of study at university. Includes consideration of the effects of electronic submission on time management.
Ho, Belinda, 'Time Management of Final Year Undergraduate English Projects: Supervisees' and the Supervisor's Coping Strategies', *System* **31.2 (Jun 2003), 231-245.**	Investigates individual relationships between supervisor and supervisees and considers the effect this has on students' attitude towards time management training provided by supervisor.
Jones, Nick, 'Young Dogs, New Tricks', *Discourse* **9.1 (2010), 151-154, also online at http://prs.heacademy.ac.uk/pdf.html/PrsDiscourseArticles/116 (accessed 8/3/10).**	Reports on a compulsory online skills module for first year philosophy students, which includes training in time management.

Kearns, Hugh & Maria Gardiner, 'Is it time well spent? The relationship between time management behaviours, perceived effectiveness and work-related morale and distress in a university context', *Higher Education Research & Development*, **26.2 (2007), 235-247.**	Examines time management behaviours in University staff and students in relation to stress and effectiveness. Concludes that "a clear sense of career purpose" is the most important factor in a hierarchy of behaviours.
Kneale, Pauline, 'Maximising Play Time: Time Management for Geography Students', *Journal of Geography in Higher Education*, **21.2 (July, 1997), 293-301.**	Generic time management strategies adapted to fit the specific needs of Geography students. A useful model of reshaping generic advice to be subject-specific.
Konig, Cornelius & Martin Kleinsman, 'Time Management Problems and Discounted Utility', *The Journal of Psychology: Interdisciplinary and Applied*, **141.3 (May 2007), 321-334.**	Two experimental studies showing that work on tasks with smaller but sooner outcomes is typically prioritised over tasks with larger but later outcomes.
Konig, Cornelius & Martin Kleinsman, 'Deadline rush: a time management phenomenon and its mathematical description', *The Journal of Psychology: Interdisciplinary and Applied*, **139.1 (Jan 2005), 33-45.**	Constructs a mathematical model to show inconsistency between decisions about time planning and their enactment in practice.
Kus-Patena, Sophie, *The effects of learning strategy instruction on college students who are placed at risk of failure*, **Unpublished PhD thesis (University of Akron, Dept of Educational Foundations and Leadership, 2003).**	Considers the effects of learning strategy instruction on students deemed to be at risk of failure, concluding that there was improvement in time management, motivation and academic performance.
McFadden, Kathleen, 'Time management skills of undergraduate business students', *Journal of Education for Business*, **68.2 (Nov 1992), 84-88.**	The use of a study of time management skills among undergraduate business students to develop monitoring tools to assess students' effective use of time and the variables that affected this process.
Pychyl, T.A., R. Morin, and B.R. Salmon, 'Procrastination and the planning fallacy: An examination of the study habits of university students', *Journal of Social Behaviour and Personality*, **16 (2001), 135-151.**	A study that contradicts a common assumption that students who procrastinate do worse in exams. The results of different groups of students finds that there is no correlation between procrastination and poor exam performance.
Romano, Jean, Tary L. Wallace, Ina J. Helmick, Lou M. Carey and Lisa Adkins, 'Study procrastination, achievement, and academic motivation in web-based and blended distance learning', *The Internet and Higher Education*, **8.4 (2005), 299-305.**	A study of procrastination in students using entirely web-based study materials and students using a mix of distance learning and face-to-face contact. Contrary to expectations, students with face-to-face teaching tended to procrastinate more than those using entirely distance learning. The achievements on tests were mixed with

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Sideridis, G, 'The causal role of goal importance for the explanation of student study behaviour: Cross validation with multiple samples', *Educational Psychology*, **21 (2001), 277-298.**	A study of students' planned behaviour showing that students who had a clear concept of important goals managed their time and their study practices more effectively than those students who had little sense of goal importance.
Sweidel, Gabriele B., 'Study strategy portfolio: a project to enhance study skills and time management', *Teaching of Psychology*, **23.4 (Dec 1996) 246-248.**	The use of study portfolios to record and reflect upon study practices generally including time management.