

Time Management for Middle School Students

Middle school students often feel frazzled and stressed. The pressure of [sports commitments](#), homework, social life, and family responsibilities can make it feel impossible to get it all done. Time management tips for middle school students come to the rescue in these situations. When it comes to time management, middle school students are at the perfect age for a little guidance. By learning middle school time management, kids can be well prepared for the future demands of high school, college, and even adult life.

Take an Inventory of Personal Time

One of the best time management tips for middle school students is to take a hard look at what they spend their [personal time](#) doing. While having hobbies and spending time with friends are both healthy, students need to remember to keep track of how much time they are spending on these activities, and ensure that it is not too much. Time management for middle school students requires taking a careful look at how much personal time is being spent, and ensure that it is an appropriate amount. If they need help with time management, middle school students need to be willing to give up some of this personal time, in most instances.

Personal activities are one of the biggest enemies of time management. Middle school students will need to determine what activities they can afford to be involved in. Sports, clubs, and other organizations all take [time](#). One of the best time management activities for middle school students is to sit down and list all of these activities and the approximate time commitment they require. Then, students can often see why they struggle with time management. Middle school offers many opportunities to be involved, and students need to pick and choose the most valuable ones so they will not struggle with having too little time.

Create a Schedule

Once a student has determined which activities are the most important, it is time to [make a schedule](#). In fact, this is one of the best time management activities for middle school students. A schedule is a basic outline of what the day holds and what is required to fit in the various activities of the day.

Schedules are designed to be flexible, and they can be different each day of the week, but they are one of the best tools for time management for middle school students.

When creating a [schedule](#), middle school students should plan time for fun. If a student likes to play video games, there is nothing wrong with doing so, but they should plan that into the schedule. This helps prevent one of the most common middle school time management mistakes, which is wasting hours upon hours in activities that are simply for fun. Schedule time for fun, as well as time for more productive endeavors.

When There Isn't Enough Time

Sometimes, middle school time management activities and schedules show that a student does not have enough time for all of his or her activities. In this case, the only option is to find something to drop. Time management for middle school students may require the sacrifice of a favorite activity or pastime, but the alternative is to live constantly stressed out about not getting everything done. There are only 24 hours in the day, and when it comes to time management, middle school students need to decide exactly how to spend them.

Often, [middle school students](#) must learn how to say “no,” which is really important to time management. Middle school students have many opportunities, but not all of them will fit into the schedule. If they have committed to a sports team, then they may need to say “no” to a slumber party the night before a big game when they need a good night’s sleep. If they have family responsibilities, such as chores, they may need to say “no” to being involved in another extracurricular activity on Saturdays, when they are needed at home.

Time management is a struggle for many people. When learning time management, middle school is a great time to do so. By taking some time to work on time management activities for middle school students, young teens and pre-teens will be well equipped for the demands of high school. Parents and teachers who take the time to teach basic time management tips for middle school students will be giving their young people a good start to their future education.

Reference: <http://www.edu-nova.com/articles/time-management-middle-school/>

