



# Resources

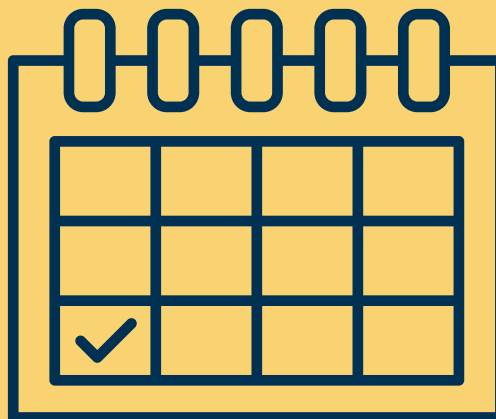
TO HELP BOOST YOUR TIME  
MANAGEMENT SKILLS

## THE STOPLIGHT METHOD

Can help you work  
through your energy  
and motivation levels  
to learn how to  
schedule your day



**DAILY SCHEDULE**  
A minimalist outline  
for scheduling your  
day-to-day



## GIZMOA COLLEGE SCHEDULE MAKER

An online resource  
for designing color-  
coded schedules that  
you can print or save  
to your device



## DIGITAL PLANNER

A week-by-week  
planner created by  
HSS with the UNC  
academic calendar as  
a guide

## WEEKLY TO DO LIST

If you're not a fan of planners, try keeping a to do list, like this one!



## MASTER SYLLABUS

A foolproof way to keep track of your due dates and assignments for all of your classes



## HABITICA

Do you find planners, to do lists, and scheduling too boring to keep up with? Try turning it all into a game with Habitica!



## MICROSOFT TO DO

Helps you keep track of tasks across multiple devices, lets you set reminders, and connects to your Bearmail

# BONUS!



### VIDEO: ADHD FRIENDLY PLANNING

A recommendation for folks with ADHD who tend to dislike traditional time management methods

### VIDEO: TEN TIME MANAGEMENT TIPS

Some might work for you, some might not. Worth a shot!



## Questions? We're here to help!

HSS Student Success Resource Center

Candelaria Hall Room 0295

HSS.StudentSuccess@unco.edu

(970) 351-3140

VISIT OUR WEBSITE



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Student Success Resource Center  
College of Humanities and Social Sciences