



# JKPS

‘B’ Paschimi, Shalimar Bagh, Delhi-110088

## Workshop on Time Management & Goal Setting

*“The key is not to prioritize what's on your schedule, but to schedule your priorities.”*

*- Stephen Covey*

A session on time management and goal setting was held on 2 May 2024 for class X, by the school counsellor in the school auditorium. The workshop focused on prioritization of tasks, time management, and the importance of self-discipline in achieving one's goals. Through interactive discussions, students gained valuable insights into these vital skills. Emphasizing the significance of identifying and categorizing tasks, the workshop encouraged students to optimize their use of time and energy efficiently.

Furthermore, the counselor highlighted the crucial role of self-discipline in achieving academic success and personal growth. The workshop equipped students with practical strategies to enhance their prioritization skills, manage their time effectively, and cultivate self-discipline, fostering a proactive approach to personal development among the students.

