

WHAT IS TIME BLINDNESS?

TIME BLINDNESS: WHAT YOU MIGHT SEE

Puts things off until last minute

Difficulty with work pacing

Chronically Late

Difficulty starting and finishing

Rushes through work carelessly

Wasting "losing" track of time

Difficulty estimating how long

Procrastination

Difficulty completing long-term projects

Difficulty waiting

Difficulty with transitions

TIME BLINDNESS: IDEAS TO TRY

Break tasks down into manageable chunks and discuss how long each part takes.

Adapt time tools and strategies to individual needs and preferences (digital vs. analog, count up vs. count down).

Provide reminders and alarms to help students keep track of time.

Positively reinforce students when they manage time well and arrive on time.

Incorporate routines and schedules to help students develop a sense of time passing.

Teach time management skills explicitly, including planning, pacing, and having a "Plan B" if time runs out.

Use visual timers, such as Time Timers, liquid timers, and portable digital schedules, to make time more concrete and accessible.

