

Crises of Our Own Creation: Where Did the Time Management Go?

Business Librarian, University of Pittsburgh
Library System

chd84@pitt.edu




The Scenario

We can use the video around October 5 if you would have it ready by then.

October 5

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Wednesday	Thursday	Friday	Saturday	Sunday	Monday
30	Oct 1	2 	3	4	5

The Why

1. “Thus, unstressed participants perform slightly better and make more advantageous, safer, less risky, or more patient decisions than do stressed participants.”¹
2. “Results from the current meta-analysis document high levels of both posttraumatic (26.2%) and psychological (23.1%) stress associated with COVID-19.”²
 - a. “findings suggested approximately one-in-four adults require mental health services during the ongoing pandemic.”²

¹Starcke, K., & Brand, M. (2016). Effects of stress on decisions under uncertainty: A meta-analysis. *Psychological Bulletin*, 142(9), 909-933.
doi:<http://dx.doi.org/10.1037/bul0000060>

²Prevalence of posttraumatic and general psychological stress during COVID-19: A rapid review and meta-analysis. (2020). *Psychiatry Research*, 292, 113347.
<https://doi.org/10.1016/j.psychres.2020.113347>

What happened to time management?

- When we are experiencing stress, our pre-frontal cortex is impaired.¹
 - Especially if we don't feel in control of the situation.
- “Time management refers to a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects and goals. This encompasses a wide scope of activities, and includes planning, allocating, setting goals, delegation, analysis of time spent, monitoring, organizing, scheduling, and prioritizing.”²

¹Arnsten, Amy F. T. “Stress Signalling Pathways That Impair Prefrontal Cortex Structure and Function.” *Nature reviews. Neuroscience* 10.6 (2009): 410–422. doi:10.1038/nrn2648

²*Time Management*, edited by Anna P. Varga, Nova Science Publishers, Incorporated, 2010.

The Response (Solution?)