

An analysis of the relationship between time management skills and first-year academic results in bachelor's degrees

The main aim of this study is to analyze the predictive validity of time management skills on the first-year academic results in the bachelor's degrees derived from the European Higher Education Area. Participants were 212 first-year students in the Psychology and Teaching degrees at the University of Valencia in the 2010-11 academic year. The results highlight the predictive capacity of the time management dimensions on academic performance, especially skills related to establishing objectives and priorities, as well as the prior sociodemographic and educational variables considered in the study, pointing out the importance of the academic results in previous educational stages. The results are discussed from the perspective of previous research and their usefulness for establishing intervention guidelines in university degrees.