

MENGO S.S VIRTUAL SCHOOL

S.1 MATHEMATICS ASSIGNMENT / TASKS FOR 07/01/2026

Topic: TIME AND TIMETABLES

Activity 14.05

- Search for a **travel chart** of any bus company in Uganda. Hence determine:
- The Station at which the bus starts, and its destination.
- How long the whole journey takes from the first bus station to the end?
- The time on the 12-hour clock when the bus arrives at the final stage.
- The total time the bus spends at the bus stations on its journey.

Activity 14.06

- Outline ways in which you usually **plan**, **budget** and **use** time to accomplish tasks in your life.
- Copy and fill the table below, indicating how you spend your time in a day (on average):

Activity	School / Study	Devotion / Prayer	Meals	Resting	Physical Exercise	Others	Total
Time (hours)							24

SELF EVALUATION TOOL

Identify which of the following *time management* practices you actually do or don't do, by ticking "Yes" or "No" (be sincere to yourself):

	Strategy for Managing Time	Yes	No
1	Setting Goals (<i>Specific, Measurable, Achievable, Realistic, Time-bound</i>).		
2	Prioritizing activities wisely (<i>doing important things first</i>).		
3	Just saying "NO" to less important engagements.		
4	Planning ahead (a night before).		
5	Eliminating Distracters (<i>avoiding time stealers</i>).		
6	Delegating more often or involving / working with others.		
7	Tracking your time (<i>checking how much time each task takes you</i>).		
8	Taking time for yourself (enough sleep and exercise).		
9	Working Smarter, not Harder (<i>doing less but important tasks, and achieve more</i>).		

Activity 14.07 (Refer to the previous self-assessment)

- i. Judging from the score of your responses on the ten-point scale in the previous assessment, which areas (do you feel) need your **personal improvement**?
- ii. Do you have an **assignment note book**? Do you use it?
- iii. You can't *race against the clock*; but rather, you can *work on the "self"*. Which issues of *self-management* do you plan to handle to improve on your **wise use of time**?
- iv. Identify any 3 things you plan to begin to **do differently** in order to improve on time or self-management.

End