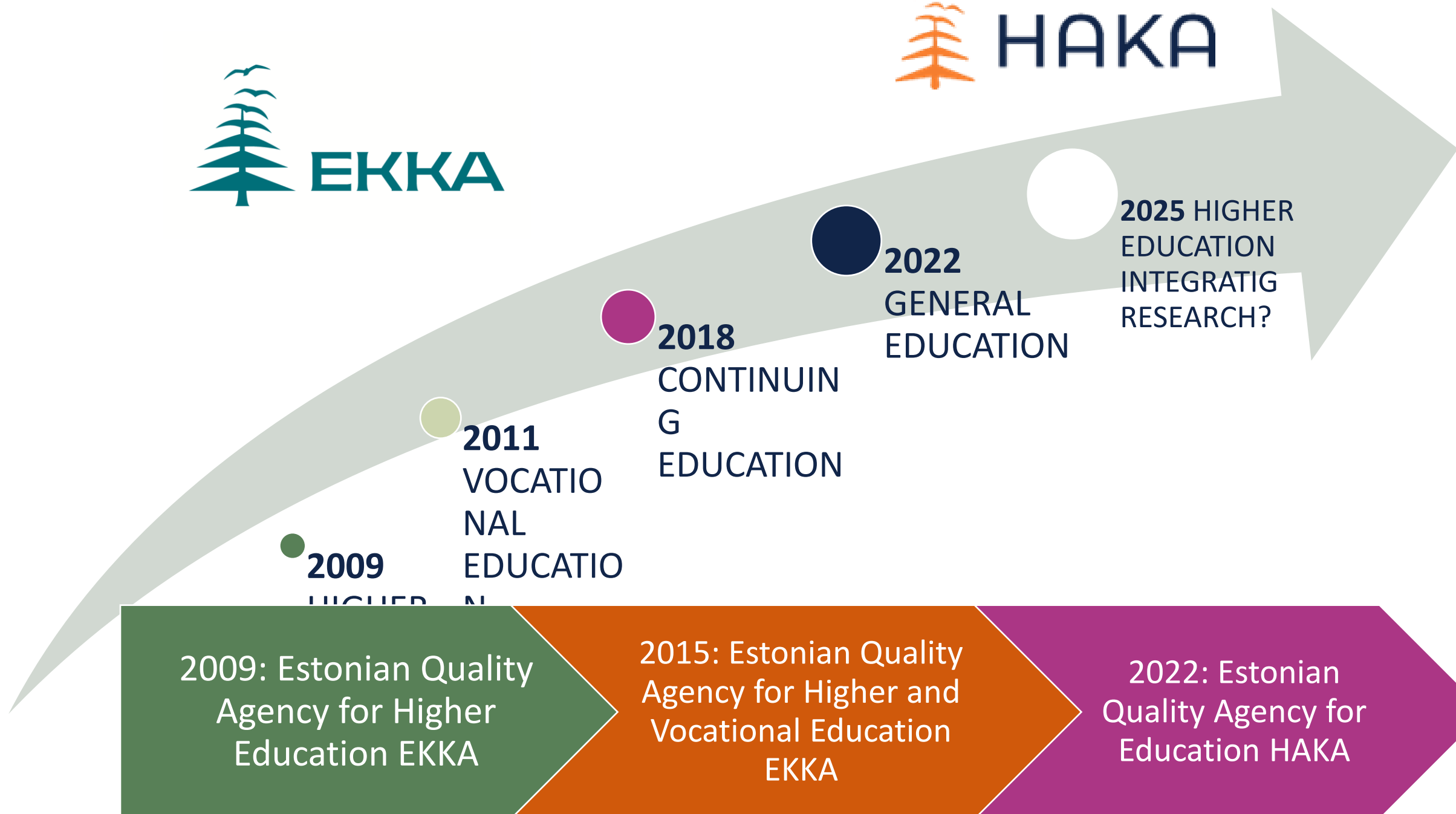


Quality of time vs quantity of time

Heli Mattisen

Twente
2024





TOPICS: Pressure to deliver results within a given time frame with commitment to upholding and improving the standards of education over the long term

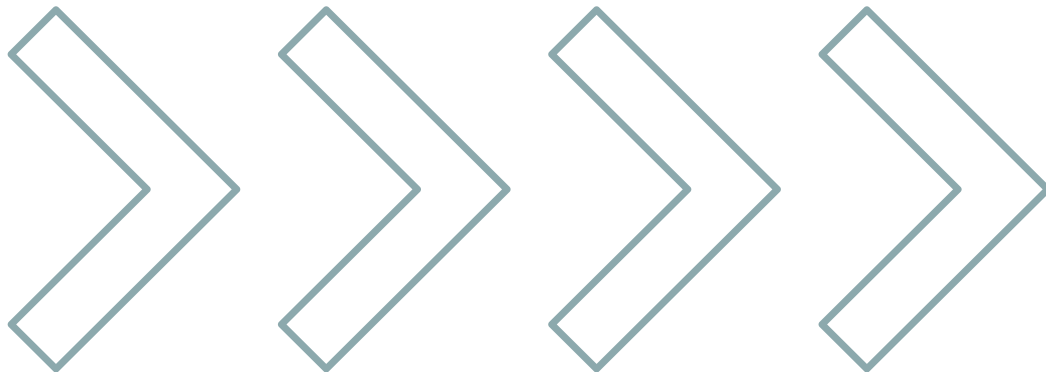
- 1) Time management and managing time
- 2) Quality and perception of time
- 3) Managing ourselves within the time
- 4) Topics for discussions



Poll no 1

TIME MANAGEMENT

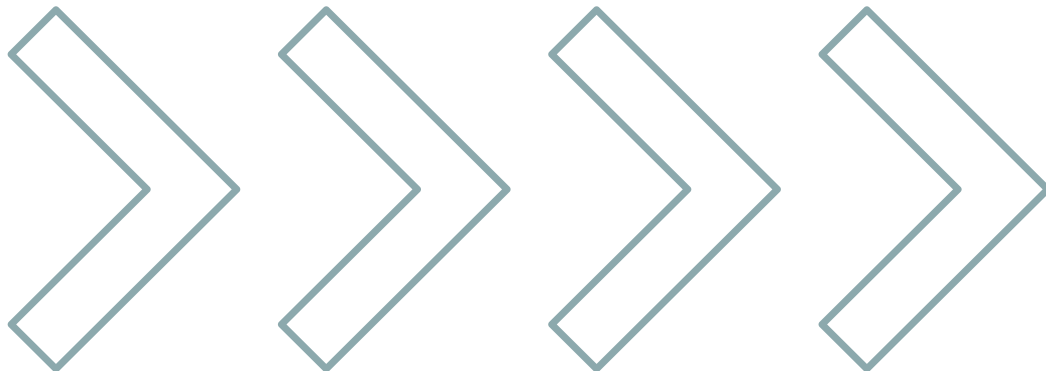
(multiple choice)



Please indicate whether you have ever participated in a time management training or independently studied modern time management techniques. The response options are as follows:

1. I have participated in at least one time management training.
2. I have participated in two or more trainings that cover the principles and techniques of time management.
3. I have independently researched/studied various time management techniques.
4. I have never considered it necessary to research/study time management techniques."

Poll no 2
TIME MANAGEMENT
(wordcloud)



What was the reason / purpose to participate in time management training or independently study modern time management tools / techniques?

Why do we feel the need to
manage the time?



Productivity coach ("How efficient time use can actually increase time scarcity."):

Time management is a sensible approach.

Surprisingly, however, it has a greater impact on a person's sense of well-being and happiness than on actual outcomes.

Many productivity and efficiency systems have the opposite effect—as soon as you learn to handle emails more quickly and effectively, even more emails start piling up in your inbox.

Are we then doomed to hopelessly struggle in endless time scarcity?



Are we managing time
or
ourselves within time?









Research grant 1

5 PhD students to supervise

Head of the department

1 PhD course
2 BA, 2 MA and
2 PhD

2 articles in process

Erasmus Mundus

Horizont project (final report)

Development Fund project in Ukraine

Development Fund project in Afrika

European University Alliance

Research grant 2

Jean Monnet

Horizont project (application)

You can't change time, but you can influence
how you perceive it.





The time spent is of high quality, if:

- 1) the activities are purposeful and systematic
- 2) their necessity and usefulness are understood and embraced
- 3) the activities generate added value
- 4) the activities have specific outcomes that positively affect all parties
- 5) people feel that they are doing something relevant together and they enjoy being there
- 6) ...



The same applies for **quality enhancement activities in higher education institutions**

The time spent of high quality, if:

- 1) the activities are purposeful and systematic
- 2) their necessity and usefulness are understood and embraced
- 3) the activities generate added value
- 4) the activities have specific outcomes that positively affect all parties
- 5) people feel that they are doing something relevant together and they enjoy being there
- 6) ...

Are we managing time
or
ourselves within time?



Some options how to manage „the pressure to deliver results within a given time frame with commitment to upholding and improving the standards of education over the long term“

1. Quality management should be an integral part of strategic management
2. Let's talk (and implement) quality culture rather than QA systems
3. Higher education is nothing without research and service to society – Let us integrate these into a single holistic whole in our quality standards. The result is that we gain more time for everyone involved. And not for launching new projects, but for enjoying the outcomes of our work ... and for having time to idle or simply do nothing.
4. Quality standards must be sufficiently general and challenging to allow for variations arising from time and space, and ensuring that they will stay „up to date“.



The result:

gaining „additional“ time for everyone involved.

And not for launching new projects,
but for enjoying the outcomes ...
and for having time to simply do nothing.



Time for reflections!



HAKA

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