

Task 3 – Source Evaluation Template

Student Details

Name and student ID: Diana-Sorina Nita 2538792

Topic chosen: Time Management

Title of source: Does time management work? A meta-analysis

Author(s): Brad Aeon, Aida Faber and Alexandra Panaccio

Year published: 2021

How did you find this source?

(e.g. Google Scholar, library database, google) I found this source using Google. I searched for academic information about time management and its effects on work and study

Why did you choose this source?

(Think about relevance, credibility, usefulness) I choose this source it is directly related to my topic, time management can affect work performance, academic achievement and wellbeing. I think it is useful because the information is based on many studies

Is it relevant to the topic? Yes it is relevant because the article is about time management and its effects on people.

Is this a useful article? yes, it is useful because it gives evidence about the benefits of managing time

Is this an academic source? yes it is an academic research article published in PLOS ONE

When was it published? Is it recent enough? Why? The article was published in 2021 I think it is recent enough because the research gives useful evidence about time management and is still relevant today

Author Credibility

Who is the author? What are their qualifications or expertise? The author are Brad Aeon , Aida Faber and Alexandra Panaccio .They are researchers and academics with experience in management and time management research Their academic background makes the source credible

Reliability

Is the source reliable? Why? Yes I think the source is reliable it was published in PLOS ONE an academic journal the study is a meta-analysis which means the researchers analysed results from many different studies.the research included 158 studies and more than 53.000 participants this makes the evidence stronger and useful for my topic

(Consider journal, publisher, peer review, citations)

5-Minute Presentation Structure

1. Introduce topic and source
2. Explain how you found the source
3. Evaluate credibility (author, date, reliability) - To do so, you will need to respond to the above questions.
4. Short reflection – What did you find difficult about this task?I found it difficult to understand some of the academic information and to decide if the source was reliable I also found it difficult too identify the important information from the article however I learned how to check a source before using it
5. What did you learn from this task?i learned that time management can improve work performance,academic achievement and wellbeing.I also learned that it is important to check the author,publication date and reliability of a source before using information in a assessment.