

Assignment 1: Randy Pausch

Who was Randy Pausch and what was he known for?

Randy Pausch was a professor of Computer Science at Carnegie Mellon University. In late 2006, he was diagnosed with pancreatic cancer - with doctors giving him a very short time span of good time left to spend. Due to this, Pausch delivered an enthusiastic "last" lecture entitled "The Last Lecture: Really Achieving Your Childhood Dreams" which garnered a large viewership.

What were 5 points I liked in his Time Management Lecture?

1. His incorporation of humor! In his circumstance, it's really difficult to look at the bright side of life - even more to project it on to others. His humor and well-timed pop culture references made the talk that much more enjoyable.
2. He isn't afraid to call out what really are the problems for bad time management. His approach in general is to avoid beating around the bush and addressing the issue at hand which in this case is stress and procrastination
3. Covey's four-quadrant TODO - a new tool that I'm sure I will make good utilization of. The sheer act of compartmentalization is a great tool for time management.
4. "Failing to plan is planning to fail". You can only make changes to a to-do list (based on unforeseen circumstances) if you HAVE a to-do list to begin with.
5. The use of Time Journals - monitoring where your time gets spent and making changes to your daily life according to which things waste your time is extremely helpful.