



## DISCUSSION POINT

Student Council is often the most appropriate sounding board for an idea before a full proposal is written. A discussion point will allow the proposer to introduce a topic and gauge wider student opinion before taking further steps with an idea/issue.

### INFORMATION REQUIRED

Please ensure the following details are completed before submission

<b>Title of Discussion Point</b>	Clocks within buildings
<b>First Proposer</b>	Genine Taylor
<b>Signature</b>	
<b>Date</b>	03/11/2020
<b>Second Proposer</b>	Tracy Opoku Afriyie
<b>Signature</b>	
<b>Date</b>	05/11/2020
<b>Date of Submission to Chair</b>	12/11/2020

### DISCUSSION POINT DETAILS

#### 1. This Council Notes

*State the facts surrounding the issue*

- I have heard from a variety of students regarding clocks wit in the LH and was looking at seeing if there was a way for our buildings to have clocks added in main areas and floors.
- Time tracking can also empower individual people to improve how they work.
- Once people see their time recorded, they often realize they're switching contexts too frequently and aren't setting aside enough time for deep work. Or they see how they could do a better job organizing their day.
- According to research talking frequent breaks is important throughout studying, as it creates more focused and productive study periods.
- Less distraction

#### 2. This Council Believes

*State what you believe*

- I understand people have phones or watches with them, although to keep structure and routine it is important to increase productivity, increase understanding of time management and develop an individual's professionalism.

#### 3. This Council Resolves

*State what you believe should happen if Council agrees with the concept discussed*

- To discuss with the university to install clocks within main areas of each university building – Learning Hub, Senate Building, Creative Hub, Development Hub, Innovation Hub.

### APPENDIX (if applicable)