Institutional Affiliation

Student’s name

Course

Date

**Scheduling**

**Flextime Schedule**

Scheduling refers to the process of organizing plans, in order to create convenience. In most cases, you will find people having more than one responsibility, and all of them seem to be important. This might include working, studying, meeting friends and families, exercising among other duties. All these activities are what actually defines the existence of a person. For this reason, it is important for an individual to schedule all these plans, just to ensure that all these are dealt with in the right time, without necessarily sacrificing one duty for the sake of the other.

Personally, I prefer Flextime scheduling. This involves altering the standard program in order due to personal needs. According to the research, it is one of the approaches which enhances personal satisfaction. People would always prefer having flexible schedules since it allows them to participate in other things whenever they arise. At the same time, it allows one to relax, keeping in mind that the duties will still have to be met at different times. The idea of being strict on working on something at the same time tend to go against the psychological needs of the individual.

The reason why I prefer this method is because, at times I feel the need for relaxing or even exercising during the week, especially after experiencing much pressure at work. This is important for the sake of mental relaxation. Otherwise, it becomes difficult for on to work just because it is a rule to work at this time. I also realized I perform well when I work with a flexible schedule, which means working whenever am ready to, and when it feels more appropriate. A human being actually needs some kind of break rather than the ones standardized. With a flexible time schedule, there is creation of a sense of satisfaction, stress reduction which also enhances the health condition of a person.