

- a. Can't concentrate and have memory problems
- b. Don't feel comfortable when talking to people or working in a group
- c. Can't schedule tasks effectively
- d. Don't know how to prioritise tasks
- e. Always feel worried and can't sleep well at night
- f. Have difficulty in communicating ideas or opinions

Problems	Signs
1. Lacking time-management skills	
2. Suffering from stress	
3. Lacking interpersonal communication skills	