

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	 