

I am teaching English to a group of doctors and students in Gaza, where living conditions are obviously very, very bad. They want to discuss "time management". Can you please give me some appropriate sources: short texts (newspaper articles) and short YouTube videos?

Here are short, accessible materials you can use to discuss **time management** with doctors and students in Gaza, without too much cultural or economic mismatch.

Short videos (students)

- **“Time Management in Less Than 5 Minutes” – YouTube channel, 4–5 min**
Simple tips (prioritising, planning the day, avoiding distractions), spoken clearly and slowly, with visuals that make it easier for intermediate learners.^[1]
https://www.youtube.com/watch?v=xry8e_RImxA
- **“You MUST learn time management as a student” – YouTube, ~8–10 min**
Focused on realistic planning for students, including calendars and splitting time into blocks; language is conversational but not too fast, good for vocabulary like “deadlines”, “schedule”, “procrastination”.^[2]
<https://www.youtube.com/watch?v=88gfx3Y5o1Q>
- **“Time Management for Students” (education video, 6–8 min)**
Classic student-skills video: how to use a planner, break assignments into smaller tasks, and schedule work time; the narration is clear and the visuals help comprehension.^[3]
<https://www.youtube.com/watch?v=RM8LgOWeNvg>

Short videos (doctors / healthcare workers)

- **“Time Management Tips to Help Primary Care Doctors Maximize Productivity” – Dr Caroline MD, ~5 min**
Focused on physicians: checking the clinic schedule, reducing interruptions, delegating tasks; good for vocabulary like “workflow”, “delegation”, “productivity” and for discussing burnout and stress.^[4]
https://www.youtube.com/watch?v=knOTXITO_IQ

- **“Six time management tips for busy healthcare professionals” (article with concepts you can explain then find similar videos)**

The article itself gives six clear tips (prioritise tasks, use digital tools, break goals down, practise self-care), which you can translate into a mini-lecture or look for parallel short clips on YouTube using the same phrases.^[5]

If bandwidth is a problem, you can also play only the first 2–3 minutes and use them as a listening/ discussion prompt.

Short, readable articles (students)

- **“8 Time Management Tips for Students” – Harvard Summer School**

Short sections with headings like “Make a to-do list” and “Use a planner,” written in clear, academic but accessible English; you can easily cut it into paragraphs for reading tasks.^[6]

<https://summer.harvard.edu/blog/8-time-management-tips-for-students/>

- **“Time Management Strategies: 8 Tips for Balancing College and Life” – SNHU**

Straightforward advice (set priorities, avoid multitasking, plan ahead) in simple paragraphs; useful for vocabulary work (“balance”, “commitments”, “prioritize”).^[7]

<https://www.snhu.edu/about-us/newsroom/education/time-management-strategies>

- **“7 Best Time Management Tips for Students” – School of Scholars**

Very clear, list-based structure (prioritise, plan the day, set realistic goals, Pomodoro, etc.), easy to adapt into gap-fills or speaking prompts.^[8]

<https://schoolofscholars.edu.in/blog/time-management-tips-for-students/>

Short, readable articles (doctors)

- **“4 keys to time management for doctors” – Wolters Kluwer**

Concise, section headings like “Lay the groundwork”, “Create a plan”, “Stay focused”, “Look for efficiencies”; good language for professional reflection, not too technical.^[9]

<https://www.wolterskluwer.com/en/expert-insights/4-keys-to-time-management-for-doctors>

- **“Six time management tips for busy healthcare professionals” – Skills for Health**
Short, practical tips directly aimed at healthcare workers; vocabulary around “work-life balance” and “digital tools” can lead to discussion of their own constraints and realities.^[5]
<https://www.skillsforhealth.org.uk/article/six-time-management-tips-for-busy-healthcare-professionals/>
- **“Essential Time Management Strategies for Physicians” – DoctorsManagement**
Slightly longer but still digestible; includes ideas like setting work hours, realistic appointment lengths, delegation, and boundaries—very relevant for talking about overwork and burnout.^[10]
<https://www.doctorsmanagement.com/blog/mastering-time-management-essential-strategies-for-physicians/>

One practical way to use them in Gaza context

- Pre-teach 6–8 key words (“schedule”, “priority”, “deadline”, “shift”, “break”, “emergency”).
- Play 2–3 minutes of a video, then pause and ask students to summarise “3 tips they heard” in pairs.^{[1][4]}
- Use one short article paragraph per lesson as a jigsaw reading: each group gets one tip, then explains it in simple English and comments on whether it is realistic in Gaza (e.g. “What if there is a power cut or bombing?”).^{[6][9]}

If you tell me their approximate level (A2/B1/B2) and whether you can print texts, a follow-up can include ready-made tasks (gap-fills, discussion questions) tailored to these specific articles and clips.