


Empowering University Students: The Impact of a Time Management Workshop on Academic Self-Efficacy


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1. Round 1

1.1. Reviewer 1

Reviewer:

The randomized controlled trial design is appropriate for the study's objectives. However, the sample size of 40 participants may limit the generalizability of the findings. Future studies could benefit from a larger and more diverse sample to enhance external validity.

While the statistical analysis is thorough, discussing the practical significance of the findings in addition to statistical significance could provide readers with a better understanding of the intervention's impact on participants' academic lives.

The discussion effectively ties the study's findings to existing literature, emphasizing the importance of academic self-efficacy in educational success. However, a more critical analysis of how this study extends or challenges current understanding would enrich the discussion.

The acknowledgment of limitations, including the small sample size and reliance on self-reported measures, is prudent. Future research directions proposed are thoughtful, suggesting a longitudinal approach and examination of individual differences in baseline time management skills.

The study offers valuable insights into the practical application of time management workshops in educational settings. However, discussing potential challenges in implementing such interventions, including resource constraints and varying student needs, could provide a more balanced view of practical implications.

Response: Revised and uploaded the manuscript.

1.2. *Reviewer 2*

Reviewer:

The selection of Academic Self-Efficacy Scale (ASES) for measuring academic self-efficacy is well-justified, given its established validity and reliability. However, incorporating additional measures of academic performance could provide a more comprehensive understanding of the workshop's impact.

The detailed description of the time management workshop sessions is commendable, providing clear insight into the intervention's content. For future replications, including materials or specific exercises used could further enhance the reproducibility of the study.

The use of SPSS-27 for conducting repeated measures ANOVA is appropriate and well-executed. The report clearly communicates significant findings, including time, group, and interaction effects, which substantiate the workshop's effectiveness.

The manuscript is well-written and organized, with clear sections that guide the reader through the study. Minor suggestions for improvement include tightening the introduction to more directly state the research gap and refining the conclusion to more succinctly summarize key findings and implications.

Response: Revised and uploaded the manuscript.

2. **Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.