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psychological anxiety concerning dependency; students worry that over-reliance on automated tools may atrophy their critical thinking, problem-solving, and deep-reading capabilities—the very pillars upon which higher education is built.

This tension between utility and anxiety directly impacts "academic sustainability." In a contemporary context, academic sustainability extends beyond environmental metrics; it encompasses the preservation of an educational ecosystem that is intellectually rigorous, ethically sound, socially equitable, and resilient over time. If the widespread adoption of AI leads to a superficial compliance culture—where students use AI to generate assignments and professors use AI to grade them—the core value of higher education is fundamentally compromised. True academic sustainability requires that technology augments human agency rather than eclipsing it. It demands that the integration of AI tools actively fosters deep learning, cognitive resilience, and lifelong learning skills rather than short-term convenience.

To achieve this sustainable equilibrium, institutions must look closely at empirical student data. How students perceive these tools dictates how they use them—whether as shortcuts to bypass cognitive effort or as scaffolding to reach higher levels of intellectual inquiry. If students view AI merely as a mechanism to generate end-products, the sustainability of the learning process collapses. However, if they view it as a collaborative partner that challenges their assumptions and refines their arguments, academic sustainability is strengthened. Therefore, mapping student attitudes provides university administrators and educators with the insights necessary to design curricula that embrace technological evolution without sacrificing academic rigor. Ultimately, the future of higher education relies on cultivating a symbiotic relationship between human intelligence and machine learning, ensuring that the pursuit of knowledge remains a sustainable, profoundly human endeavor.

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THE CURRENT STATE OF TIME MANAGEMENT SKILLS AMONG STUDENTS AT HANOI UNIVERSITY OF MINING AND GEOLOGY: AN EMPIRICAL STUDY

Abstract

Time management is a critical soft skill that directly influences academic success and personal well-